THE SECRETES OF THE REVERENDE MAISTER ALEXIS OF PIEMOVNT.

Containyng excellente remedies against diuers diseases, woundes, and other accidents, with the manner to make distillations, parfumes, confitures, diynges, colours, fusions and meltynges.

A worke well approued, very profytable and necessary for euery man.

Translated out of Frenche into English, by Wyllyam Warde.

Imprynted at London by Iohn Kingstone for Nicolas Inglande, dwellinge in Poules churchyarde.

ANNO. 1558.

Mens. Nouemb.

TO THE RIGHT HONO-
rable Lorde, the Lorde Russell, Erle of Bedforde: willyam warde wisheth healthe, longe life, with moche encrease of vertue and honour.

It is not vnknowen vnto you (righte honourable) that when God by his diuine power and might, created and made all thinges of nothinge, hauing nether frame nor moulde, nor materialle substaunce to fasshion his woorke by, but onely his woorde, wille, and eternall prouidence, did not onely geue a beeynge and encrease vnto euery thyng, but also a nature and operation, for the commoditie and profite of manne, to whom he hath made all thinges subiect, constituting him ruler of his whole woorke: wherein, not onely growing on the face of the yearth, but also in the bowels of the same, he hath planted thynges, salutiferous and helthfull for man, as herbes trees, fruictes, stones, rootes, waters, Iron, tinne, leade, yea, and the dewe of the ayer, so that nothinge is vnprofitable, no not the very donge of beastes, and byrdes, but that it hath some wholesome operation for mannes

health. In all these thinges are certaine secrete vertues, whiche be manifeste signes of goddes loue and fauoure towardes man: for he created them to thintent that men should vse them, glorifie him, and geue him thankes for them. And because the vse and knowledge of them, and their vertues, is so expedient for al creatures, God of his mere goodnes, hath not onely geuen vnto the diligent searchers therof, the gifte of perfitte vsage, and vnderstandinge of their operation in this time of Christianitie: but also vnto infideles before Christ, beynge ignorannt from whence that gyfte came: who, notwithstanding their ignorannce, did so reuerence the wonderful vertues of thinges created in the worlde, that they thought that eche of those thinges had had in it selfe a certaine diuine power, or els that there was of euery thinge a seueral god or creatour. Now, if they gaue suche honoure vnto thinges created, not knowinge the creatoure, what woulde they haue doen, if they had knowen and confessed God to haue bene the onely maker of the worlde, of man, and of all thinges therin, of nothinge? Trulye they woulde not haue done as some curious Christians amonge vs nowe a dayes do, whiche (as your honour well vnderstandeth) moste impudentlye despise all maner of medecines, and ignorauntly dispute against the vertues and operation of herbes, and trees, sayinge:

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that if the ſicke man be appointed of God to dye, all the medecines in the worlde can not ſaue his life. Wherunto it may eaſely be aunſwered, that euery man that is vexed with a diſeaſe, is not appointed of God to die of the ſame: but the infirmitie is ſent him as a puniſhment for his offences, and yet hath God created thinges to geue him eaſe and remedy for his diſeaſe, which no Chriſtē man ought to contempne or deſpiſe: for he that deſpiſeth the worke, ſeemeth to contempne the workeman. And agayne, becauſe that the appointment and determination of God, concerning the life and death of man, is ſo ſecrete, and ſo farre beyonde the capacitie of mans reaſon, and vnderſtandinge, and that we know not when God hath prefixed the terme of our life, we vſe in our infirmities and weaknes, thoſe remedies that God hath created to be receaued at their handes, to whome he hath geuen the knowledge howe to miniſter theim vnto vs. All theſe thinges are abundantly ynough knowen vnto your honour, with a great many more reaſons then I am able to alledge, and therfore I do but bring owles to Athens in declaringe this vnto you. But thus much I may well ſaye, that mooſt madde are they, and voyde of all reaſon & Chriſtianitie, that wyl ſet ſo light by the workes of God: yea, they are vnprofitable members of a common welth, not worthy to bear the name of

Chriſtians: for by their fonde and falſe perſwaſions to the ignoraunte and ſimple ones in their diſeaſes, againſt the receiuing of any medicines, many times it chaũceth, that thei folowyng their fooliſhe aduiſe in neglectyng Phiſick, thei be caſt away and periſhe, whiche otherwiſe might haue bene ſaued. Me thinketh this ſhould be ſufficient to perſwade thẽ to embrace good and holeſome remedies: thei ſee daylie that herbes, oinctmentes, plaiſters made of thinges growing on the earth, and ſuche like, by their vertues, do cure and heale externall and outwarde woundes, ſores, cuttes, ſwellinges, and other infirmities of the body, and yet they will not beleue that ſuche vertues can heale the internall and inwarde diſeaſes. Utterly ignoraunte be thei, that ſo imagine with them ſelues, for thei that deſpiſe Phiſick, deſpiſe a heauenly ſcience. But what be thei that thus contempne it? Forſoth ignoraunt & vnlearned men, that barke at, and backbite theim that take paines for the commoditie of all men. But it is comonly ſeene and proued. Scientia non habet inimicum præter ignorantem. Whiche ſaiynge (I feare me) is verified more in ſome of vs Engliſhe men, than in anye other nation, I woulde God it were not. And yet I thincke there is no man ſo beſtiall, ſo rude, or ſo blunt of wit, but that he is (by a certaine inſtinct of natural inclinatiõ) deſirous to know thinges not

not before knowen, to heare newes not before heard, and to vnderſtand bokes in his maternall tonge, written firſt in a forein langage, to thende not to ſeme altogether ignorannte in matters both of the liberall ſciences, and alſo of hiſtories, ſet forth for his rudiment and inſtruction, as in Coſmographie, in Aſtronomie, in Philiſophie, in Logike, in Rhetoricke, and ſpecially in Phiſick, whereof we had neuer ſo muche neede as in theſe our daies, conſidering the ſtraunge and vnknowen diſeaſes that ſwarme amonge vs, and mo in number then can be found remedy for. Therefore conſidering with my ſelf (right honorable) that I could not better declare my bounden duetie vnto you, nor do my countrey a greater pleaſure, than to put ſome thinge abroade vnder youre honoures name, whereby it mighte receiue ſome commodite: I haue taken in hand to tranſlate this noble and excellent woorke called, *The Secretes of the Reuenerende Maſter, Alexis of Piemount*, firſte written in the Italian toungue, and after tourned into Frenche, and of late into Dutche, and nowe laſte of al into Engliſh, becauſe that as well Engliſhe men, as Italians, Frenche menne, or Dutchmen, may ſucke knowlege and profit hereof: beyng a worke come out of the handes of ſo famous a man as Alexis is, and dedicated firſte to ſuche a noble prince as the duke of Sauoye is, to whome trifles or fables are

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not to be preſented, nor beinge a man vnder whoſe name and protection lies or vayne inuentions oughte to be ſette forth. Therefore wayinge the age, the learninge and fame of the auctor, & the nobilitie of the ſaied Prince, men may eaſely iudge that ſuche intollerable paynes haue not bene taken in the collection of theſe ſecretes, to blowe an vntrueth into mennes eares, but rather that this boke hath ben publiſhed and communicated to the worlde by the ſaied Alexis, for the care and good zeale that he had to the health of mens bodies, and that men of all countreys might haue the knowledge of that with eaſe, ſitting at home in their ſtudies, whiche he got with greate trauayle and laboure, wandering almoſte al the world ouer, as in his epiſtle here to the reader he declareth.

And nowe (right honourable) like as Chriſtopher Plantine of Antwarpe, the printer of this worke in Frenche, choſe the Prince of Piemount, to protecte and adourne the fruites of his labours, vnder the honoure of his name: euen ſo I the tranſlatour hereof into our Engliſche tounge, haue thoughte it my duety (with your honours fauour) to preſente this my tranſlation vnto you, and to putte it forth vnder your honours name and protection, deſiring, and humbly requiring the ſame, to accept my poore good wyll, hauinge good hope that you ſhall finde ſuche thinges in the

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discourse of the whole booke, that you will not onely take pleasure in the knowledge of them: but also commoditie, if it please you to put in experience and proofe, those that seme moste best vnto you: whereof there bee some as excellente and as easie, as were euer sette foorthe in any toungue, as by your honours wisedom and iudgement, in the readyng you shall easely perceiue. I am not able sufficiently to praise the excellencie of the boke, and the diligence of the aucthour, ner to extol the wonderfull giftes of God in men, whiche accordyng to their talent, impart to the worlde the encrease and fruicte of soche giftes, as he distributeth vnto them. Of the whiche giftes I thinke I should not moche erre, if I saied Physike to be the best and the moste necessary Nam si corporum nostrorũ, & tranquillitatis vitæ (quæ sine secunda valetudine vix esse potest) rationem habere volumus, fatebimur medicinam excellentissimam, mortalibus necessariam esse. And euen so Cornelius Celsus whiche wrote moste excellente Bookes of Physike, affirmeth saiyng. Alimẽta sanis corporibus agricultura promittit: sanitatem autem ægris medicina: et idcirco deo optimo maximo gratias habere debimus, qui vitam nobis elargitus est: deinde medico, qui eam nobis conseruat, diuturnioremq; facit.

All this learninge and knowledge doo the Greke auctors affirme to be most aunciente, and most necessary in a common welth. For, as it is desyred of all men to liue in healthy of body, so is it requisite that medecines, both preseruatiue and curatiue, be hadde and vsed amonge men, whiche not onelye comforteth the infirme and diseased bodye, but also putteth the soule in remembraunce of Goddes great power and myght, that hath geuen suche vertue vnto thinges growing on the earth, for mannes commoditie, preseruation, and health: which health I pray God longe to remayne with you, and all your family with much encrease of vertue and honoure, vnder the protection of almightye God.

Your humble seruaunt
William Warde.

Don Alexis to the reader.

THey that haue knowen me in time past, or to speake plaine, haue vsed me familierly all my lyfe time, can peraduenture, tel how God by his great goodnes, hath made me to be borne of a noble house and blonde (according to the commune, I will not saye vayne, perswasion of them, that stablish nobilitie more in the merites of another man, than in our own) and that besides this I haue alwaies had my pleasures, and great plentie of richesse, yea farre passing the smalnes of my desertes. I wil say yet more (not to boast or to auaunce my self, but to the ende to reforme the gentill reader, and to geue thankes vnto God) that there be many whiche knowe, how I being geuen euen from my first youth vnto study, haue gotten, not onely the knowledge of the Latin, Greke, Ebrue, Caldei, and Arabic tonge, and also of diuers other nations and countreis: But aboue al thinge hauinge by a natural inclination, taken a singuler pleasure in Philosophy, and in the secretes of nature, haue wandered and trauailed abroad in the worlde the space of. xvbii. yeares, to the intent to acquainte my self with all sortes of learned and discrete men. By the which diligence and curiositie, I haue learned many goodlye secretes, not alonely of men of great knowledge and profound learning, and noble men, but also of poore women artificers, peysantes, and all sortes of men. Moreouer I haue ben thre times in Leuant, and sondry times haue trauailed almost all other partes of the world, without resting or seiourning at any time in one place aboue. v. moneths. Now this my study and desire of knowledge, as well of the vniuersall sciences, as of particuler secretes, and although it was geuen vnto me by nature, as to the most part of men (for euery man by an instincte of nature desyreth to knowe thinges) yet haue I alwayes

been noseled vp by a certain ambition and vainglorie, to knowe that, whiche an other should bee ignorannte of: whiche thyng hath grafted in me, a continuall niggardnesse or sparing, to distribute or communicate any of my secretes, yea vnto my moste singuler frendes that I had: saiyng, that if the secretes were knowen of euery man, thei should no more bee called secretes, but publike and common.

Now, it chaunced these fewe daies past, being in Milan: in the fowerskore and twoo yere, and seuen monethes of myne age, that a poore artificer was marueloussly tourmented with the stone, and had been twoo daies without making his vrine. The Cyrurgen that dressed hym, knowyng well that I had many secretes, and singulerly for the stone, came to me, and requested me that I would teache hym the receipte, or at the least to giue hym the medecine, composed and ready made, for the health of the patiente. But I perceiuyng that he would vse other mennes thinges, for his owne profite and honour, refused to giue it hym, but willed hym to bryng me vnto the sicke man, and that I my self would minister the medecine vnto him *gratis*. The Phisition, either fearyng blame if it should bee knowen, that he had recourse to the aide of an other man, hauyng peraduenture, bosted that he had the secrete hymself, or els in the meane tyme, still to make his profite in dissembling the matter, and differryng it yet twoo daies more, with diuerse excuses and colours, vntill he brought me to the patiente, whom at my commyng I founde so nigh his ende, that after he had a little lifted vp his yes, castyng them pitiously towarde me, he passed from this into a better life: not hauyng any neede, neither of my secrete nor any other receipt to recouer his health. With this cace I was moued to soche a compassion and sorowe, that not onely I wisshed my self euill, but also I desired to die: seyng my ambition and vain glorie, to haue been the cause that this poore man was not succoured with the remedy, and gifte that God the father, and Lorde of

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vs all had giuen me. Wherefore, so greate was the remorse of conscience in me, that, desiryng to sequestrate my self frō the worlde, and not findyng my self of soche a disposition of mynde, that I could liue in a Monasterie emong religious menne, better edified then I, I was at the laste fully resolued with my self, to choose a place separate from any Toune, where I haue a little lande, some bookes, and a studie, for to auoide idlenes. Here I liue a life, whiche I call a Monkes life, with one seruaunte, whiche goeth to the toune, not to begge, but to buie my prouision, and other thynges necessarie: for to sustaine his poore life and myne, as long as it shall please God.

But yet not hauyng the power to put out of my fantasie, but that I was a verie homicide and murtherer, for refusing to giue the Phisition the receipt and remedie, for the healyng of this poore manne, I haue determined to publishe and communicate to the worlde, all that I haue, beyng assured that fewe other menne haue so many as I. And mindyng to set forth none, but soche as bee moste true and proued, I haue these daies paste (taken partly out of my Bookes, and partly out of my memorie, all those that came to hand) made a collection of soche as I am certaine bee veritable, true, and experimented, not caryng if some of theim be written, or printed in any other Bookes then this. For of this my collection the reader, as touchyng those, maie at the least take this vtilitee and profite, that whereas before he mought haue doubted, whether soche remedies sette foorthe by an other manne, were true or not, he shall bee now assured, vnder the affirmaunce of my faithe: For truely, I would not sette my selfe (beeyng in the age, and disposition, bothe of bodie and mynde, that I am nowe in) to write fables or lies, that should continue alwaies. But of one poynte I wille aduertise the reader, and that is, that he dooe the thynges with good diligence, and that in medecines conter-

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nynge mannes body, he vſe the ayde and helpe of phiſi-
tions: Although in dede many of theim, moued with a
certaine ruſtick, and euyll grounded enuie, with a paſſi-
on of Ialouſy, are wont to blame and contempne thin-
ges that come not of them ſelues. Wherefore, as wel in
this, as in euerye other pointe, if he that will vſe theſe,
ſhould perchaunce finde, that the thing would not take
effecte according to his contentation, lette him beware
that he abuſe not him ſelf in the confection of them, and
to beginne againe with more diligence. Aſſuringe him
ſelfe, that (as I haue ſayd) there is nothing in this boke
but is true and experimented. And geuing alwayes
glory and praiſe vnto god onely for all, haue a
good hope, that, by meane of his diuine
grace, I will conſequentlye make you
a preſent of the reſt of all that I
haue gotten in ſo manye
trauayles, voyages,
coſtes, and
diligente ſtudye.

Fare well.

THE
Secretes of the reuerent Maſter Alexis of Piemont.

THE FIRST BOKE.

The maner an ſecrete to conſerue a mannes youthe, and to holde backe old age: to maintain a man alwaies in healthe and ſtrengthe, as in the faireſt flower of his age.

¶ *All this is taken out of the long ſtudie, and diuers experiences, that a gentleman made, by the ſpace of many yeres, in the ſeruice of a noble Ladie. Beyng a thyng moſte certain, that an old man, of thre skore and ten yeres, all withered with age, of a verie euill complexion, and ſubiect to diuers kindes of diſeaſes, was altered and chaunged, as into the age of ſixe or eight and thirtie yeres.*

FIrſte, menne ought to haue alwaies in remembraunce, and before their iyes, that no grace, gifte, or commoditie, is to be hoped for, but of God onely. In whoſe greate clemencie and goodneſſe, the greate prophete, beyng aſſured, and ſtabliſhed in conſcience, through his perfect faithe, cried, ſayng: Renouabitur, ſicut aquilla, inuentus mea. And by theſame mercie & goodneſſe, he prolonged, ſo many yeres, the life of Ezechias: & made Moiſes to liue a hundred and. xx. yeres, and more, and not one of his teethe, at any time mouyng: without any dimnes of ſight, or ache of heade. He then, as a moſte mightie creatoure, and father of all, hauyng aſſigned vnto man, the terme of his life, and left hym to the arbitremente of his owne will: and alſo hauyng giuen vertue, ſtrengthe and properties vnto thynges, and leauyng theim to execute ordinarily, their mouynges and nature, hath alſo left power vnto humaine creatures, to preſerue theim ſelues in healthe, vntill the tearme and prefired ende of our life, bothe vniuerſally and particularly. But, for aſmoche as

wee knowe not, how to employe thynges, accordyng as they are conuenable and meete for our nature, and our chaunces or necessities, our disordinate maner of life maketh vs to liue, the moste parte in diseases, to precipitate our yougth, and to abbreuiate moche our life. Then, hauyng our thought and mynde, alwaies firme and sure in hym, and replete with faithe and deuotion, saiyng in the name of his infinite goodnesse, vnto our selues: Longitudine dierum replebo eum, et ostendam illi salutare meum. We will commence and begin, as inspired with hym, and assured to helpe our selues, with the vertue and strength of thinges, created in the worlde by his diuine power, onely for our benefite. And mindyng for a publike profite, to communicate some thing, as well searched and found out of my self, by long experience, as lately obtained and gotten, of a speciall frende of mine, whiche also, by greate diligence and experience, hath by the space of seuen yeres: proued this maner of preseruing & stablishing, the health and yougth, I will first giue you the maner, how to make a miraculous licoure, conseruatiue, and restoratiue of the naturall heate, and radicall humour, in the whiche twoo thinges consisteth principally the health, the vigour, the strength, and the life of man.

¶ To make a precious licoure, and of inestimable vertue: the whiche taken at the mouthe, strengtheneth and augmenteth the naturall heate, and radicall humidite purifieth the blood, and clenseth the stomacke from all superfluitie of humours: and by that meane conserueth the health and yougth, and prolongeth the life of hym that vseth it.

IN the moneth of Maie, at the Sonne risyng, thou shalt take vp in a peuter dishe, or some vessell of glasse, beyng very cleane, the dewe that is fallen vpō Rosemarie, Borrage, and other good herbes, Sage onely excepted, for it is a thing moste certain, that vnder Sage certain venemous beastes, are wonte to assemble, whiche infecte and poison it, with their breathe: and though that the leaues,

maie

mate by washing be purified and clensed, from soche exhalatiō and breathing, yet neuertheless, if the dewe that falleth vpon the leaues, chaunce to take soche venim and poison, it is not possible by any meanes to purifie it: and therefore you shall not take vp the dewe of Sage. Then, after hauyng gathered as moche dewe, as you thinke good, haue three glasses ready, of soche greatnesse as you will, the whiche glasses you shall fil, somewhat more then halfe full: the one with Suger, the other with Manna, and the third with Honnie, the rest of the glasses remaining still emptie and voide: and then fill them all vp, full with the said dewe, stopping them fast with white ware, and couer them with a linen clothe. Kepe theim also in a cupborde, or some other place out of the Sonne, as long as nede shall be to vse of it, as we will declare afterward. And then take the iuice of Quinces, & haue redie in a litle glasse, some good *Agaric*, broken in pieces onely, and not in poulder: the whiche you shall couer, with the said iuice of Quinces, in soche sorte as you haue doen with the Suger, and other thinges in the glasses, and kepe it well couered. Then, take the Iuice of all these thinges following, of redde Roses, or incarnate, of Succorie, of Endiue of Fumiterie, of Bugloss, of Borage, of Mallowes, of Hoppes, of the leaues and flowers of Marche violettes: & of eche of these iuices a like quātitie: then mixe them wel together. That doen, take a pound or two of *Aloes Epatick* or as moche as you wil: for the more there is, the better it shall be, because that the said Aloe beyng sokeeped, watered, and prepared, as we will shewe you, is a verie exquisite & familiare medecine, to kepe in a house, and take of it by litle lumpes or pilles, ones in the weke, when a man goeth to bed: for it kepeth the body from putrifaction, and from all euill humours: and is very profitable and good, against the ache or paine in the loinctes, and also for the Frenche Pockes, as hereafter we will declare orderly.

Take of the saied Aloe, of the best and the freshest, soche a quantitie as you will, and put it in a cup of glasse, or cleane platter, as is aboue said, and set it in a windowe

or ſome other place in the Sonne, watryng or ſteppyng it in theſaid iuices mingled together, giuing it therof as often as ſhalbe ſufficient to make it moiſt, and to make of it as it were a thicke ſirop. Then couer the cup with a clene linen clothe, or paper, to kepe it onely from the duſte, and leaue it ſo in the Sonne. And when it is almoſte waren drie, embibe or water it again as before, and let it ſtand in the Sonne. This ſhall you doe, ſo often, vntill you haue made it ſoke and drinke vp as moche iuice, as the weight of halfe the Aloe onely: that is to ſaie, if the Aloe weighe twoo pound, make it drinke vp at diuers times, one poũd of theſaid iuices. This doen, take theſe thinges followeyng, Turbit halfe and vnce, fine Sinamom, Spica Nardi, Fole foote, alias Aſtrabacca, Squinantum, Carpobalſamum, Xilobalſamum, Lignum Aloes, Bdellium, Myrrhe, Maſtic, of eche of them an vnce, with halfe an vnce of Saffron: All theſe thynges beyng well beaten into pouder, and put into a cleane panne, you ſhall poure into theim, ſo moche common water, that it ſurmounte theſaied matieres, a good hande breadth, lettyng theim boile with a a ſmall fire, the ſpace of an houer or more. After this you ſhall ſtraine the ſaied decoction, and by litle and litle, water from tyme to tyme, theſaid Aloe in the Sonne, as you haue afore doen: and this you ſhall doe ſo long, vntill the Aloe haue dronke vp all the decoction. This doen, take it out of the Sonne, and it ſhall be a precious thing, to kepe in your houſe, as we haue all ready declared, whiche alſo maintaineth the body in health, kepeth the heade cleane, and cauſeth to haue a good colour, and a quicke and liuely ſpirite, to them that vſe of it. He that is not of abilitie to make this purtion, in the maner abouſaid, maie make it in this wiſe. Kepe diligently the ſaied Aloe, in litle diſſhes of woode, to make this that wee will ſpeake of, here followyng. Take Aqua vite, not to fine, nor of the firſt ſtillyng, but ſtilled twiſe, or thriſe at the moſte. And putte in diuers litle violles of glaſſe (the one bigger then the other) all theſe thynges followyng, well beaten into pouder, at the leſt theſe that maie be beaten, puttyng alſo

Xylobalſamum. The wood whereof natural balme commeth.

so in eche of theim, asmoche of the Aqua vite, as shall bee three fingers aboue them in the Violles, doyng as hereafter followeth. Take an vnce of smalle fine Perles, well washed three or fower tymes in cleare water: and then beyng dried, and laied in the iuice of Lemons, or Cytrõs, well strained, leaue theim so by the space of three daies: and so put the saied perles, that thei maie be with thesaid iuice, remaining in the glasse, putting to them Rose water, three fingers high or aboue the perles, as is afore mẽtioned. Then take an vnce of fine read Corall, and put it likewise in the Iuice of Lemons or Citrons, vsyng it in al poinctes, like as ye did the perles, puttyng it in a glasse by it self with Rose water, with fower vnces of blew Vitriol, well burned in a close pot. This doen, take the flowers & tender stalkes of Rosemarie, of Burrage, of Buglosse, of Sage, of Selandine, of Isope, of Scabiose, of Rue, of sainct Jhons worte, of Primroses, together with all the tender leaues of the saied herbes: and then stampe them slightly, in a morter of stone or wood, and put them altogether into one glasse, or into diuers, with as moche Aqua vite, as will be aboue them, three or fower fingers, as we haue saied of the other thinges, and let them stande so in the glasse, wel stopped with ware or bombase. Take after this, halfe an vnce of Saffron, well beaten into pouder, and put it in a glasse by it self, with Rose water, after the maner of the other thynges: then put to it fower vnces of Triacle, with Rose water, in an other glasse, after the foresaied maner: and take one vnce of fine Cinamom, a quarter of an Vnce of Cloues, an Vnce of Lignum Aloe an vnce of Anise seede, and vnce of Fenell seede, halfe an vnce of Smallage seede, fiue or sire vnces of Jeniper berries, halfe an vnce of Cheruell seede, of the seede and bark of a Cedar tree, of eche of them twoo vnces, halfe an vnce of Myrrhe, a quarter of an vnce of Storar or Styrax Liquida, an Vnce of Bengewine, an vnce of Sandali, of all sortes of Mirabolanes, of eche of thẽ three vnces, of Pine apple kernelles mondified three vnces, of yelowe Ambre whiche the Apoticaries call Carabe, twoo vnces, three vn-

ces of white Dittanie grene or drie, the eight parte (or as litle as you will) of an vnce of Muſke. Let all theſe thynges bee well ſtamped, and mired together, and putte in a glaſſe with their Aqua vite, as is ſaied of the other. You muſt then ſtoppe well all the ſaied violles or glaſſes, or other veſſelles, with ware or bombaſe, and with parechement ouer it: and ſo ſet them a daie in the Sonne, and the night followyng, in the aire abrode. The morowe after, take ſome great veſſell of glaſſe, as thicke as you can get, hauyng no couer, bicauſe you maie alwaies loke into it: and thereinto you ſhall powre faire & ſoftly the Roſe water, that is in all the glaſſes, eche of them beyng coloured with their ſubſtaunce, in ſoche maner that no part of the ſubſtaunces, whiche are in the bottome, be mirte with it. And after, hauing put al the ſaied Aqua vite, into the ſaid veſſell, as is aboue ſaid, ye ſhal ſet it in ſome place, where as no Soonne can in any wiſe come vnto it. But beware that the three firſt glaſſes, that is to ſaie, with the Suger, the Mãna, and the Honie in the dewe, ought neuer to be ſet in the Sonne, but muſt be kept vntil you put it in vre, as we wil ſhewe you. And after that you haue poured the Aqua vite, out of all the ſaied glaſſes, ye ſhall put in other freſhe, and ſet them well ſtopped in the Sonne, and in the night in the aire, as is afore ſaied. Then put them altogether with the other, in the ſaid veſſell of glaſſe, and put again in euery violle other Aqua vite, and doe as before: and thus muſt ye doe eight or tenne tymes, or till you ſee that the Aqua vite, will bee no more coloured, or haue taken all the ſubſtaunce of the drooges, that are in the violles. A man can not chaunge the ſaied Aqua vite to often, bicauſe ye muſt paſſe all the ſaied waters of life, through a bath called *Balneum Marie*, as wee will hereafter declare by the whiche ye maie paſſe, as well a greate quantitie as a ſmalle, and by this meane alſo, ye ſhall loſe no parte of the vertue, or ſubſtaunce of the ſaid thynges, hauyng drawen and taken it all with the ſaied Aqua vite, of the whiche ye muſt firſt haue made prouiſion, of fower or fiue flagons. Then, ye muſt take all the ſaied Aqua vites, beyng

put

put into one vessell, and mirte theim well together, with the three first violles, where the Suger, the Panna, and the Hõnie, with the dewe, is: and then the violle with the Agarie, and three vnces of the saied Aloes, prepared and watred. After this, put all these thinges in a greate violle made of good and thicke glasse, to thende it be not in daũger of breakyng, in handelyng of it. And to be more assured, after ye haue well mired all together, ye maie deuide all the substaunces, into diuers smalle glasses, or violles, to passe theim through the saied Balneum Marie, at sondry times, or at ones in diuers litle fourneises, in this mananer. You shall set and trimme the violles with strawe or Towe, in the bottome of a panne or caudron, wherein there must be water, and set the saied caudron vpon a furnaise of yearth, and this is called stillyng per Balneum Marie: Then set vnto the violle, his Limbecke, with his recipient that the substaunce take no winde or vent: then you muste make your fire so, that the caudron maie seeth or boyle faire and softly, and so shall you distille and make come into the recipient, all the Aqua vite, as clere as Cristalle, the whiche, bicause it hath been passed through, by distillation diuers tymes, will bee better for all thynges then the other, and principally to be taken at the mouthe, bicause it kepeth parte of the vertue and strengthe of the thynges, that it was put into. Also you must vnderstande that of the fiue partes onely, of all the substaunce, whiche shall be in the violle or violles three or fower partes must bee distilled: and the rest to remaine in the bottome of the saied violles. This doen, let the ouen or fornaise and the caudron coole, and in vndoyng the Limbecke, and the recipient, ye shall take awaie the violles, kepyng well this distilled water for to serue you, as wee haue afore saied: and then put all the substaunce, whiche remaineth in the said violles not distilled, into some other greate and thick violle or glasse, wel couered or bound in wicker or osiers, stoppyng it well with ware or bombase, and aboue that, with a double parechemente, and locke it handsomely in some place, farre from the Soonne, and out of all heate.

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This licoure hath not his like in vertue, the whiche take euery weke ones or twise, the quātitie of a sponefull, preserueth health, driueth awaie all euill complexions from the body, maintaineth and strengtheneth so the naturall heate, and radicall moistnesse, and vpholdeth a man in his strengthe and vigoure of the heade, and of the witte, maketh the visage well coloured, the breath swete, the bodie yong and lustie, that a mā is not able worthely to esteme, or iudge the vertue thereof: and lesse able to expresse and praise the greate goodnesse of God the creatoure, that giueth soche vertue vnto thynges created, and openeth the witte and vnderstandyng of man to knowe theim, and to vse them to the profite and commoditie of his creatures.

Now the maner how to vse it, is this: In the Spryng time, ye maie take it alone, or with a litle broth of Veale, Pigeons or Chickens, or els in Valuoisie, or some other good white wine. In Sommer, ye must take it with water of Buglose, or the decoctiō of Borrage, Buglose, Lettese, Succorie, Endiue, or els some of thesaid herbes: and at all tymes it is good to take of it a sponefull, putte into halfe a glasse ful of the milke of a woman, new brought a bed of a man child, or of a nurrice that giueth a man child sucke, or els in Gotes milke. And the quantitie & oft vsing of it must be obserued, accordyng to the persones, & tyme: for, vnto a weke and aged man and those that haue been lately sicke, or weake of nature, ye muste giue it oftener, and a greater quātitie, then vnto a yong and lustie man. Also a man maie take of it oftener, and more in Winter, then in Sommer. Now ye must vnderstande, that all the flowers, herbes, and other thinges rehersed, are not foūd together in one time and season: wherefore thesaid licour can not be made at one tyme, but beginnyng the firste or seconde weeke of Maie, it shall be at the least, the ende of September or October, before ye can make an ende: and therefore you must gather from tyme to tyme, eche thing in his season, as you maie get them, and put them in some vessell, euery one by theim selues, or with the other thynges that thei ought to be ioyned with, after the maner a-

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boue saied: and vse to dresse and trimme the said thynges, accordyng to the tyme that you maie get them in. And yet if you can not furnishe your self, with al soche thinges as I haue declared, take those that you can gette, prouided, that the reste whiche you can not get, bee not of to greate importaunce: but it should be more expedient and sure, to haue of all, seyng there is nothyng of any greate coste or charge, or to hard to be gotten. Moreouer, if you wil haue your matter in good perfection, there resteth but to make a naturall dissolutiõ of fine gold: and when you will take of it, take twoo partes of the said licoure, & one part of the dissolutiõ of the gold, whiche we will teache you to make hereafter: although that in this presente booke, wee will make no mention of the perfitest maner, of making soche a dissolution, whiche we haue gotten by great studie, and obseruation, and by often experiẽce of the thyng, that we will doe, aswell for not being verie possible to shewe it by writyng, without makyng demonstration thereof: as for other causes: but we wil put here some other maners and waies, bothe good & true, and of soche importaunce, that peraduenture better hath not, vnto this daie, been found.

¶ *A potion or drinke, to be vsed in steade of Sirop, good for men of al ages and complexiõs, that will be purged: the whiche, taken what daie you will, drieueth awaie the euill humours, without mouyng or troublyng the good, or doing any hurte: And is also very good for the greate Pockes, and all infirmities, as well of the stomacke, as of the heade: and is likewise profitable for them that be in health, to take twise in the yere, in steade of an ordinary purgation, that is to saie, in the Spryng tyme, and in September.*

TAke Mallowes, and boile them in water, vntill thei bee softe, that thei can almoste bee no softer: then strain the decoction, and take pouder of Sene, and of the barke of Lignum sanctum, called Guaiac, of eche of them seuen vnces, well beaten to pouder, and clensed or sifted, Salt Armoniac twoo dragmes: and in the meane tyme, set the decoction of the Mallowes vpon the fire, with halfe a pound

of Honie, and let the saied decoction be aboute twoo common glasses in quantitie, whereunto ye must put halfe a pounde of wine lies, and then let it boile faire and softly, the space of halfe an houre, skimmyng well the Honnie. After this, ye must straine it, and put it hotte as it is into a potte by litle and litle, where the forsaied thynges be, that is to saie, the Sene, the Guaiac, and Armoniac salte. Now in powryng, you must alwaies sturre thesaied thinges with a Spone, or some other thing. And then immediatly ye must couer the pot with his couer, in shuttyng it close, and closyng it vp with claie, round aboute the sides, so that nothyng maie breath or respire out, and so set the pot vpon the fire, by the space of twoo Pater nosters, and no more. Then take it from the fire, and wrap it in a pillowe of fethers, well warmed by the fire, or in a tubbe or barrell, full of branne well heated, or in some clothe very hote, to thende it maie be well nurrished and kept warme and leaue it so by the space of ten or twelue houres. Then afterward ye must open the pot, and straine thesaied substaunce, through a strainer or thicke canuesse, & you must haue ready before, halfe a glasse of white wine, and in the same three or fower vnces of Rubarbe, cut in smalle pieces, and that the Rubarde haue been in it, the space of a daie or twoo before: the whiche wine ye shall powre into the decoction of the said thinges, as sone as it is strained, as is aforesaied: and put thereunto an vnce of Aloe Epaticum, prepared and ordered, as is aboue saied: or at the lest as the Apoticaries doe sell it, and call it Aloe Lotum, with the iuice of Roses, or other wise, the whiche ye muste put in, well beaten to pouder, with halfe an vnce of Cassia Lignea, and kepe all this cõposition in a violle, or other vessell well couered. The maner of receiuyng it, is to heate it a litle at the breake of the daie, and to take halfe a glasse full or more of it, accordyng to the crigent of the sickneſſe, and the qualitie of the persone, & hauing taken it, he must kepe his bedde a whtle, and slepe, if it be possible: and then rise and walke aboute the house, or els where at his pleasure. Neuertheleſſe, it were better that he kept the house,

and

and ſpecially bicauſe of the mouyng of the body. And this maie he vſe. b. vij. ir. oz. rj. mornynges: foz the pluralitie can not hurte. Also this potion oz drinke, is of ſoche exquiſite boũtie foz mannes body, that we nede to vſe none other maner of purgation, oz medicine.

¶ *A verie eaſie and good remedie, for to heale all maner of Pockes, whiche is made with litle coſt, and requireth not that a manne kepe hũ bedde or his houſe, but maie vſe it going in the ſtreetes: And it is alſo verie good for all ſortes of grief in the iointes, in what part of the bodie ſo euer it be.*

TAke. ij. pounides of rawe Honie, and a poũd of the Juice of the flowers of an herbe called Dolis oz Lungwozte, whiche hath his leafe ſomewhat long, fatt, oz full of carnoſite, and ſomewhat white, his flower yelowe, faſhioned like a belle: and foz lacke of the flowers, the Juice of the herbe: then take halfe a pounde of Lignum Sanctum, beaten into pouder, and hauing let it boile in cõmon water, a good while, ye muſt ſtraine it, and put the ſaid iuice with the ſaied Honnie, into a pot, puttyng to it thzee vnces of Aloe epaticum, ozdered as is afoze ſaid, oz as the Apoticaries ſell it, waſhed with the Juice of Roſes. And then, vpon the ſaied Aloe beaten to pouder, ye muſt poure as moche of the ſaied water, wherein the Guaiacum hath boiled, as wyll mounte in the potte fower oz fiue fingers high: then adde thereunto twoo vnces of the Vineigre of Squilla, and lette it boile faire and ſoftly, by the ſpace of halfe an houre, oz a litle moze, ſkummyng well alwaies the Hounie, and when it hath almoſte boiled inough, put vnto it thzee vnces of fine Sinamõ, well beaten into pouder, ſet it again a while vpon the fire: then, hauyng taken it of, and ſetten it vp to keepe, ye muſte beate of it in the mozning a glaſſe full: and after you haue dzonken it, eate a litle piece of a Quince, oz of a fruite called in Latine Sorbum, in Frenche *Corme*, oz grene Grapes, Pome Granade, oz of ſome other bindyng thyng, what ye will: and keepe your bedde, ſleappng as long as you will: and alſo

Sorbũ latin. Frẽch. Corme There groweth none ĩ England, & therfore we haue no Engliſhe name for it, ſauĩg ſom engliſh it, and cal it ſeruis beries

after you be risen, and haue doen your businesse, yea, out of the house, if it come so to passe. But (as we haue said) to keepe your bedde or house, is alwaies the best for you, when ye vse Phisicke. And this potion or drinke, muste you take from daie to daie: but if the paine be not to vehement, it shall suffice being taken twise in the weeke: and this doyng, you shall see a wonderfull operation, and ye shall not nede to vse Lignum sanctū, nor any other thing. This remedy onely is sufficiente for all menne, and hath been proued and experimented diuers tymes, and vpon diuers persones.

¶ *To dissolue and reduce gold into a potable licoure, whiche conserueth the youth and health of a manne, as well taken by it self, as mingled with the foresaied licoure, spoken of in the second Chapiter of this presente booke, and will heale euery disease that is thought curable, in the space of seuen daies at the furthest.*

TAke a glasse full of the Juice of Limons, and heate it ouer the fire, vntill it beginne almoste to seeth: then take it from the fire, and strain it three or fower times through a Linnen clothe, and afterwarde distille it through a long gutter of Felte: then take twoo pounde of rawe Honnie, and sette it on the fire in a pot, miryng with it the saied Juice of Lemons, and adding thereunto halfe a pounde of common salte, that is clene, white and well beaten: mire well all together, and let it seeth faire and softly, vntill there remaine no more skum of the Honnie. Then take that remaineth in the pot, and distill it in a vrinall of glasse, makyng but a smalle fire at the beginnyng, encreasyng it by litle and litle, and at the ende greate and sharpe: and whē all is cooled again, open the violle, and powre the water out of the reciptent, into an other violle, stoppyng it sure for takyng vente. This dooen, ye muste breake the vrinall of glasse, and take the lies that shall remain in the bottome, and put it into a couered pot, the whiche pot you muste couer ouer and ouer with claie or morter, to the entente it maie the better endure

dure the fire: and after put it into some fourneſſe, where glaſſe is made, or into a potters fourneſſe or Lime kill, or some other semblable thing, so that it maie be in a greate fire, by the space of twoo or three daies. And after that the saied substaunce shall be taken out again, stampe it well, and for a pounde of thesame, put in fower vnces of Manna, and twoo vnces of Suger candie, and if there be more or lesse of the substaunce, ye must put in a good proportiō of the Manna and Suger candie, in equall quantitie with the substaunce. Then put al into an other vrinall of good glaſſe, well claied, and powre vpon it the water, whiche you kept before in the violle, puttyng thereunto twise as moche fine Aqua vite, as was in the saied first violle. And hauyng trimmed and sette the vrinall of Glaſſe vpon the fourneſſe, with his limbecke, and his recipient, and well closyng all the iointes with claie or morter, ye shall make the matter distill faire and softly, with a smalle fire: for it will easely distill: & when it will distill no more, augment your fire, so that ye maie distille all that is possible. But you must leaue the water, with the violle, vpon the fourneſſe, without mouyng it any whit, vntill you will put it in experience. This doen, take fine golde foile, that is of xviij. Carates well fined with Antimonium: and take of the saied foile, what quantitie ye will, in a cup of glaſſe, in minglyng theim well with Honnie, or with Julep roſet or Violet, as men are wont to dreſſe it to write withall, whereof we will put parfitely all the maners and fasions, in the fift boke of this volume. And after you haue well vnmired, and purged it from the saied Honnie with hotte water, as shall bee saied in thesame place, you shall put them to stille in a violle of glaſſe: and then hauing taken of the recipiente, put the saied water into a long necked glaſſe, well stopped with white ware, hauyng firſte put vpon the said gold, whiche is in the violle, the height of fiue fingers of the saied water: and then set to the limbeck with his recipiēt, stoppyng well with claie the iointes, makyng the water, whiche shall be vpō thesaid gold, to distill with a small fire, not augmenting it at the ende,

to make all to distill: and care not if the gold remain some what moist. This doen, take awaie the Limbeck frō the Violle, without takyng awaie or vntiyng the recipiente from the said Limbeck, not sturryng the water out of the recipient. But take some man to helpe you, who, whiles you take the Limbeck of from the Urinall, shall powre vpon the saied gold, thesame water that you kept in the violle, stopped with white ware: & let hym put in as moche as at the firste tyme, that is to saie, the heighte of fiue fingers: then immediatly set the Limbeck vpon the Urinall again, closing well with claie the iointes or sides a newe, makyng the distillation as afore, and so consequently, vntill all the water of the saied violle, bee distilled vpon the saied gold. And finally, ye shall powre the gold out of the violle into a glasse, somewhat greate, to holde the water that you haue distilled into it at diuers times, as we haue said in the Chapiter before: then set to the Limbeck with his recipient, and see that by the space of .xv. or .xx. daies, the water of the bathe be hotte, without seethyng, so that yet nothing maie distille. Then after make the water to seeth, and distille all that maie be distilled: and in the bottome of the violle, the golde will remaine dissolued into a licoure moste precious, whiche you must keepe in some litle glasse well stopped. And if you will haue it yet finer, you maie make it without takyng it out of thesaid glasse, in puttyng to it again the saied water, and distillyng it a freshe, not keepyng (for all that) the water from seethyng, as you did before, but make it seeth and distille all at ones and this distillyng maie you reiterate as oftē as you will: for the oftener it is distilled, the better it is. Thus doing ye shall haue a right, naturall, and perfite potable golde, whereof somewhat taken alone, euery monethe ones or twise, or at the leaste with the saied licoure, whereof wee haue spoken in the seconde Chapiter of this booke: is verie excellente to preserue a mannes youth and health, and to heale in fewe daies, any disease rooted in a manne, and thought incurable. The saied gold will be also good and profitable, for diuers other operations & effectes: as good

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wittes & diligent searchers of the secretes of nature, maie easely iudge. In this same maner (obseruyng all thynges diligently) a man maie make of siluer beaten into foile, to haue likewise a potable siluer, of a meruellous vertue, yet not soche as the golde: And I assure you, that I sawe aboue .v. yeres ago, an Englishe man haue a water made of siluer, paraduenture, trimmed & dressed after an other sort, accordyng to diuers differēt waies, tēding (notwithstandyng) all to one ende, with the whiche water the saied Englishe man did many thinges, esteemed as miraculous, in healing many painfull diseases and infirmities of mā.

¶ To beale an excrescens or growyng vp of the flesshe, within the yarde of a man, albeit it were rooted in of a long tyme.

TAke the lies of Honie distilled, or, if you cā not haue soche, take Honie, and burne it in a pot: and put the blacke leese that shal remain in the bottome, into an other pot, or into an irō pan, & set it to burne or calcine in a vernishers fourneffe, or soche other in a great fire, by the space of .iij. or .iiij. daies, wherof ye shal haue a substaunce as yelowe as gold, the whiche will be excellent, to laie vpon all maner of woundes: for it eateth awaie the euill flesshe, mondifieth, and healeth the good, without pain or grief, whiche maketh to be moche better for all woundes, then is the Precipitatum, that the Surgens comonly vse. Take then of this pouder an vnce, of Dogges turdes .ij. vnces, leese of wine halfe a dragme, whiche is the halfe of theight part of an vnce, fine suger a dragme, roche Alume burned a dragme, of Mill a dragme let all these thynges bee well beaten to pouder, and sifted through a fine seeue: then take grene leaues of an Olyue tree, and beate them in a morter of stone, moistīng them a litle with white wine, the whiche being well stamped, ye must strain in a presse, or betwene .ij. trāchours, for to get out the Juice, and putte to it as moche Plantaine Juice: then set it to the fire in a litle potte, and afterward put in it by litle and litle the saied pouder, minglyng altogether

continu-

continually: And laſte of all ye muſte adde vnto it, a litle grene ware, and a verie litle Honie roſat, that it maie be a liquide ointemente, and ſo keepe it. This ointemente is very precious, to conſume all maner of excreſcence, or growyng vp of fleſhe, in any tender place of the body, as in the ſecrete members, or in the noſe, whereunto a man dare not applieque any ſtrong or ſmartyng thyng. Now when ye muſte vſe it for the carnoſite, within a mannes yarde, you ſhall take firſte of all a Squirte, and fill it with white wine, wherein dyde Roſes, and Plantaine leaues haue been ſodden and boiled, wherewith alſo ye ſhall mix a litle womans milke, or the milke of a Gote: then waſhe well the mannes yarde within, with this Squirte: After this take a litle ware candell, ſomwhat long, and of ſoche greatneſſe, as it maie enter into his yarde, at the poincte whereof ye ſhall put a litle of the ſaied ointemente, warming it a litle, and thruſt it as farre into his yarde as you can, vntil you feele the Carnoſite, and leaue the ſaid ointmente within the yarde a litle while: then take it out again, and doe thus morning and euenyng, lyng a bedde his bealie vpward, when ye ſhall put in the candell with the ointement, and you ſhall ſee a merueilous effecte: for it ſhall heale hym thoroughly, in fewe daies, without any daunger.

To heale all maner of inflamatiō and euill diſpoſition of the liuer, and by this ſame ſecrete haue been healed certain perſones, whiche had their faces as it were Leparie, greate ſwollen legges, their handes inflambed, and rough within ſide.

TAke flower, or Amilum made of Barley, whiche ye ſhall eaſily finde at the Apoticaries, and ſeeth it halfe an houre in common water: then ſtraine it, and put it in an other newe pot, that is clene and net, puttyng to it a fewe Mallowes, Succorie, Hoppes, Endiue, and Burrage: and ſeeth all theſe together, vntill it bee diſſolued, and adde to it an vnce of Sandal: and then ſtraine all, and take in a linnen clothe, as moche Caſſia extracta, as will goe in to twoo Nuttes, and put it within

within the saied linen clothe with the Cassia, while the water be hote, pressyng it so harde betwene your twoo fingers, that all the substaunce of it, maie goe into the saied water: then putte it to the Suger or Penides, as moche as you will. Of this drinke, whiche is of a very amiable sauoure, ye must take from daie to daie, a litle glasse ful in the morning, lyng in your bed with your brest vpward: then laiyng some linen clothe vpon your stomack, slepe if you can, and take of it also after you be vp, and haue dooen your necessaries, the whiche doyng you shal finde your self very well healed in fewe daies. But here note, that this must be dooen in Sommer, and not in Winter: and he that hath his stomack very cold, maie weare before his brest, some pece of Scarlat, or other clothe, and sometyme annointe his stomacke with an oile, made for the weakenesse of it, the perfecte composition whereof, we will put hereafter.

To heale the Emorhodes or Piles in a nighte, a rare secrete and verie excellente.

TAke the leaues of grene Elder, and boyle theim in water, vntill thei be dissolued: Then take a piece of redde cloth, a litle bigger then the palme of your hand, and stretche it a long vpō your palme. Now, must the pacient be in his bed, with his bealy downeward, bicause ye must laie the said leaues vpon the Emorhodes, hot as thei wer taken out of the caudron, hauyng laied vpon them before, a litle oile Oliue. Then take an other litle piece of cloth, with other leaues, and take awaie the first, continuyng thus, and chaungyng alwaies the leaues, if not all the night, at the least as long as ye maie: and also in the meane time, ye must let the patient slepe as moche as he will, who, in the morning shall finde hym self as lustie, and as well disposed as if he had neuer had the disease.

A singuler ointment, whiche healeth all burnynges with fire, not leauyng any cicatrice or skarre where it hath been.

TAke the white of twoo Egges, twoo vnces of Tutia Alexandrina, twoo vnces of quicke Lime washed in. xx. waters, an Vnce of new Ware, with as moche Oyle Rosatte, as shall suffice, and make thereof an ointmente, whiche ye shall finde verie good, for this that we haue spoken of.

A perfecte and proued remedie for them that bee weake of stomacke, and can not keepe their meate, without vomityng it vp again.

HAuyng taken twoo pounde of redde ware, and made prouision of a dishefull of oile oliue, take peces of Alablaster, and heate thē in the fire, and then quenche theim in the saied Oile: heate them again, and quenche them as before: and so three or fower times. This doen beate the Alablaster to pouder, and mixe it with thesaid ware and oile, wherein it was quenched: then put all to distill through a croke necked violle, like a Bagge pipe clated rounde about, sauyng the bottome, whiche distillers beyonde sea doe vse, the Frenche men cal *Retorte* or *Cornue*, and make soche a fire, as the Oile maie distille, wt al the rest ꝑ possible maie be distilled: and then keepe it, puttyng to it halfe an vnce of Myrrhe, beaten in pouder. And when you will put it in effecte, ye must take a litle pan of Brasse, or Iron: and hauyng the toppes and leaues of Wormewoode, whiche is a bitter herbe, put them in the saied Oile, and seeth or frie all together: then take it, hote as it is, and rubbe the patientes breast with it, vp to the throte, doyng thus alwaies at night, when he is in his bedde, and it shall make his stomacke strong. He must vse in his meate, as moche Rosemarie as he can, bee it rawe or otherwise, and specially in his drinke. He must vse likewise the moste excellente *Aqua vite*, whereof we will speake hereafter.

An

An excellente remedie, wherewith a woman of. xxxvi. yeres was healed, that had so marred her stomacke, that in the space of twoo yeres and an halfe, she was neuer naturally purged douneward: and as sone as she had eatē any thing, she vomited it vp againe, so that she became yelowe, and as drie as a sticke.

A Monke, of the order of saincte Augustine, a man of greate knowledge, and full of merueious secretes, healed the saied woman, with this remedy followyng: ꝛ, in the space of. xvij. daies, made her as whole and sound faire, and wel coloured, as she was before her sickneſſe.

First of all, he had made a litle ouen, like vnto soche as men bake breade in, ẏ which he did heate with rosemarie: and the sayd Ouen was in facion like a Bakers Ouen, wherein he baked litle prettie loaues and cakes, whiche he gaue her a lone, without any other thyng to eate, viij. or. x. daies, and gaue her white wine to drinke without water. He gaue her also gentle meates, with Sinamom and Suger: and euery mornyng gaue her in a glasse, aboute a finger heighte of water, made after this maner folowing. *Aqua vite* halfe a glasse ful, wherin he put the yelowe pille of halfe a Citron, or Orenge cut in pieces, the flowers of Rosemarie a handfull, fine Sinamom an vnce, Safron a quarter of a dragme, Bēgewin a dragme, with a litle Muske: and made her to bee washed ouer and ouer, or bathed in the decoction of Rosemarie, and other swete herbes, ones a weeke: and euery night annointed her breast with the saied Oile, distilled and sodden with Wormewoode. And aboue al thynges, commaunded her to keepe a Cushen vpon her stomacke, in the night tyme, and caused her to lye long a bedde in the mornyng: he made her also eate the confection of *Diambre*. And in this wise he made her in xvij. daies, as whole and as faire, as she was before, whom no Phisicion could euer finde remedy for, duryng al the tyme of her sickneſſe.

Three remedies verie good against the wormes in litle children.

TAke the flower of wheate well boulted, as moche as will lye vpon three crounes of gold, and put it in a glasse, and powre vnto it well water, or foũtain water, so moche as will stiepe the said flower, and make it looke like as it wer milke, and no thinner: then giue the childe drinke of it, and you shall see that with his siege, the Wormes will come forthe starke dedde, whiche is a verie good remedy.

¶ *The seconde remedie.*

TAke a Citron or Orenge, and make in hym a hole, as big as a peny, by the whiche hole with wringyng, ye shall make the licoure coms out: and hauyng made a hole into the middle and more, ye shall powre in to it oile of Bale tree or leaues, the Juice of Rue, the Juice of Wormewood, Triacle, flower of a kinde of poulse corne, called *Lupinum* or *Lupinus* in Latine, hauyng one stalke, the leafe in fiue diuisions, the codde creuised aboute, hauing in it fiue or sixe graines, harde, broad, and redde. Thei be common in Fraunce & Italie, but here vnneth knowen. And seeth all this a while: and then powre it in a dishe, and annointe therewith the childes nauell, stomacke, temples nosetrilles, and the vttermoste part of his poulses, and ye shall immediatly see a wonderfull operation.

¶ *The thirde remedie.*

FOr childzen that be so litle, that a man can not minister the medecine in at the mouth, you shall take very good *Aqua vitæ*, wherewith ye shall washe or weate the stomacke, or the breast of the childe: then pouder ouer the said places, with the pouder of fine Mirrhe, and laie the child doune a litle while, with his breast vpwarde, and you shal see incontinent, that with the dunge of the child, the worme shall come out dead.

To

To heale children of the Lunatike diſeaſe, whiche happeneth vnto theim, by reaſon of a worme with two heades, that breedeth in their bodies, the whiche worme, commyng vnto the harte, cauſeth theim to haue ſoche a paßion, that often tymes it killeth theim.

TAke the tender ſtalkes of a Wildyng tree, and dꝛie theim in the ſhadowe: then ſtampe theim well, and ſifte theim, and take of the ſaied pouder, and the roote of Gentian, & of long Perne of ſche of them a quarter of an vnce, and half a quarter of an vnce of Mirrhe. All theſe thynges well beaten in pouder, ye ſhall put in a diſſhe, oꝛ in ſome other veſſell, as you thinke good: moiſt them with a litle water: then take of it with your two fingers, and weate the lippes and the mouthe of the child. Doe this thꝛee oꝛ fower times, and you ſhall ſee the woꝛme come out deade with his ſiege. This haue I often tymes ſeen by experience, and many childꝛen, whiche, foꝛ lacke of good help, haue died with ſoche maner of Woꝛmes, the whiche afterwarde beyng opened, menne haue founde the Woꝛme ſtickyng vpon their hartes. And foꝛ theſame accidente the other remedies, whiche we haue wꝛitten befoꝛe, againſt the Woꝛmes, be alſo very good.

A remedie for the fallyng ſickeneſſe.

TAke Germander gathered in May, when it is in bloſome: dꝛie it in the ſhadowe, and make it in pouder. And when you will vſe it, take the yelke of an Egge oꝛ twaine, and ſturryng oꝛ bꝛeakyng it with a ſponefull of the ſaied pouder: then ſeeth it, and giue it to the pacient to eate. Doo this, Moꝛnyng and Euenyng, eight daies long: but all this while he muſt abſtaine from wine, and carnall company of women, from al ſoꝛte of pouſſe, as Beanes, Peaſon, Vetches, Tares, and ſoche other, from Salades, ſalte Fleſhe, and from all other thynges, whiche are of a harde concoction oꝛ digeſtion. A verie goodly and notable ſecrete.

To make oile of Brimstone, to heale all maner of Cankers diseases or sores, whiche come of a putrified humoure, and renne cõtinually, commonly called Fistules, and also to heale olde and inueterate woundes.

TAke Brimstone beaten in pouder, and hauyng steeped and mollified it, with common oile, put it in a Gourde, apte to still out of, so that it bee brought as it were like paste, the whiche you shall distill through the mouthe of the said Gourde: and the oile that shall drop out, ye shall put into a viole, fillyng it halfe full: and afterwarde fill vp the saied viole with Plantan water, and with the Iuice of *Cardus benedictus*, and so let it boile a prettie while. Then washe the wounde with *Aqua vite*, or white wine, and laie to it of the said oile, and in fewe dates ye shall heale it parfitly.

To take awaie the venim or poyson from a Wounde, made by some poisoned weapon or arrowe.

TAke *Assa Fetida*, and a gomme called *Galbanum*, of eche of them an vnce, and steepe them in Vinaigre, the space of a night, then sette it to the fier to dissolue, and straine it through a Linen clothe, mixing with it twoo vnces of *Vnguentũ diabasilicũ*: and laie it to the wounde, and incontinent the said ointmente will drawe vnto it self, and kill all the venim, so that the wounde maie afterward be healed, as all other maner of woundes bee: and in case ye lacke, or can not get *Galbanum*, it shall suffice to haue onely *Assa Fetida*, to drawe the venim out of the saied wounde.

Against the bityng of all venemous beastes.

AS soone as the person feleth hymself bitten, with any venimous beast (or at the leaste as sone as is possible) take grene leaues of a figge tree, and presse the milke of them, three or fower times in to the wounde. And for this serueth also Mustard seede mingled with vinagre.

To

To drawe an arrowe heade or other Iron, out of a wound.

TAke the iuice of valerian, in the whiche ye shall weate a teute, and put it into the wounde, laiyng the said herbe stamped vpon it, then make your bindyng or bande, as it appertaineth, and by this meanes ye shall drawe out the Iron. And after heale the wounde, accordyng as it shall require.

Against a vehement cough of yong children.

TAke the Iuice of Persely, pouder of Commin, womannes milke, and mixe all well together: then giue the childe drinke thereof, and after, make this ointment folowing. Take the seede of Line or Flare, and Fenigreke, and seeth them in cõmon water: then presse with your hand, the substaunce of the saied herbes, whiche you shall mingle with Butter, and so annointe the childes breast with it, heatyng it often tymes.

For hym that hath a bunche or knobbe in his heade, or that hath his heade swollen with a fall.

TAke an vnce of Baie salt, rawe Honie three vnces, Commin three Vnces, Turpentine twoo vnces, intermingle all this well vpon the fire: then laie it abrode vpõ a linen clothe, and make thereof a plaister, the whiche ye shall laie whote to his heade, and it will altogether aswage the swellyng, and heale hym cleane and nete.

A good remedie for one that is deffe.

TAke Mint, Sage, Pennirojall, Rosemarie, Isope, Mugworte or Motherworte, wilde Minte, Calaminte, Camomille, Millefoile, Yarrow or Noseblede, herbe saincte Ihon, Wormswood, Southernwood, Centorie, of eche of them a handfull: Seeth theim in a cleane pan, with as moche good white wine, as there be herbes, and let it seeth altogether

ther, vntil the third part be diminished: then cause these oiles folowyng, to be made at the Apoticaries: old Oile twoo vnces, oile of Leeke, oiles of Almondes, of eche of them an vnce, of the iuice of Rue halfe an vnce, of Malvoisie an vnce and a halfe: put all these thynges in a lōg neckt glasse or violle, and let it seeth with a smalle fier, vntill the Iuice and the Malvoisie bee almoste all consumed: then take it from the fire, and putte in to it these Drogues folowyng, well beaten into pouder, that is to saie, Spiknard, Coloquintida, the stone of a Beuer, called *Castoreū*, Mastic, of eche of them a grain and a halfe: stoppe wel thesaid violle, that nothyng maie take vent: then put it in a pan full of water, and make it seeth the space of three howers. Then take it from the fire, and powre thesaid licours in some platter, whiche you shall set in the sonne, and leaue it there vntill it shall become verie cleare, and hauyng strained it through some fine linen cloth, and pressed well the substaunce, ye shall put a grain and a half of Muske in a dishe, and incorporate it well by little and little, with the saied Oile, and then keepe it in a violle, well stopped with ware and Parchmente. After this, take the pan with the saied herbes, and heate theim vpon the fire: then take, for a couer or lidde, a fonnell made of white Iron: and when ye go to bedde, couer the pan with the saied fonnell, and see that the pan be good and hote: then, by the litle hole aboue, let the patient take the smoke into his eare, by the space of halfe an howr. This doen, heate thesaid oile, vntill it be luke warme, and let it droppe into his eare two or three droppes: and stoppe his eare with a litle Musked bombase, or Cotton, and let him slepe thereupon. Now he muste, in receiuyng the parfume or smoke into his eare, haue in his mouth some drie Beanes, and after he hath chewed theim, spit them out again, to thende that in chewyng, he maie open the conduites of his Eares. And with the grace of God, he shall find hymself healed in fewe daies, prouided, that the disease be in anywise curable. If in case this helpe not, ye neede not seeke any

other

other remedie in the worlde. If a man haue also anie hummyng or noyse in his eares, let him vse the sayde medecine, & you shall se, with Gods helpe a wonderfull thinge: for it will heale the defencle of a man, though he haue had it. xxx. yeres, so that he be not borne deafe. Let him vse also to take pilles to purge his head, and to eate good meate alwaies.

To heale a woman that hath the Matrice out of her naturall place.

TAke a Flinte stone that hath bene alwaies in the earth, and not taken the ayer, and put it in some basket, couered in a greate fire: and whan it is verie hote, put it in a litle Tubbe or barrell, and weete it wyth Vinagre cast vpon it, and cause the woman to stand ouer it, to receiue the smoke or parfume of it, and than let her go to bed, for this must be doone at night. Ye shall, after this, take of the iuice of Rue, & make a litle rounde balle of Cotton, wherunto ye shal tie a threede: and than dippe the saied balle in the sayd iuice of Rue, and put it into the mouth of the Matrice, the which wil incontinent take the balle, and draw it in, and than it will returne into his naturall place agayne. But you muste binde and tie the ball sure and well, least paraduenture it should remayne within. After this, make an oyntment as followeth, wherwith ye shall anoynte the reynes of her backe. Take an herbe called in Greeke *Ciclaminos*, of the latines *Rapum, Tuber terræ, or Vmbilicus terræ*, of the Apoticaries *Panis porcinus*, of the Frenche men *Pain de porc*, and Rue, as muche of one as of the other, and stampe them well: and than seeth it in a pan with olde oyle, vntill the whole be diminished by the thirde part. This doone, let it coole againe, and hauing pressed out all the substaunce, ye shall powre it into an other new pan, adding to it a litle new ware, and beatyng it all together, vntill it be well incorporated: thā annoynte her raynes with all, and lay hote Tow vpon

it, and than swaddel her as women do yonge infantes. And so she must be layed in her bed, with her belly vpwarde, and her head lower than her buttockes. Thys must ye do from night to night, three times, & she shall be healed. She must also eate whote thinges in operation, as Pigeons, and Hennes, with spices and other like thynges. She shall be healed without any greefe, and if she had had it. xxx yeres.

¶ *To make a womans milke to come and encrease.*

TAke the greene leaues of Fenell, & make therof a decoction, be it in wine or water, wherof ye shall geue the woman drinke, as wel at her meales, as other wise, as often as may be, and she shall be abondant in milke. Furthermore, if the woman haue not ordinarilie her naturall purgation called Floures, this will serue her for a good medecine.

¶ *A verie goodly secrete for the gommes or burgeons that remaine of the great Pockes, as well olde as new.*

A defensife is made when a surgien will lay any drawing or healing plaister vpon or to a wounde, he maketh some oyntmēt restrayntiue because it shall not drawe or heale to fast, and that is called a defensife.

TAke Bole armenick, Vinagre, and oyle Roset, and make thereof a defensife, or oyntment, annoynting the burgeons round aboute. iij. or. iiij. fingers large: thā take. ℈ partes of the oyle of an herbe called *Euphorbium*, first founde out by Iuba the kyng of Libia. Looke *Ruellius, Lib. 3. cap. 53.* and one part of oyle Violet: and mire them together, and annoynt the burgeons with all, hauynge first well washed them with Redde wine, verie hote. And whan you haue thus annoynted them, with the sayd oyle of *Euphorbiū*, lay vpon it some litle baude annoynted with Butter, leauing it so three or foure houres, or as longe as you will: than vncouer the Burgeons, and if you finde no bladders, do once agayne as before, vntill you se some. And than you maie pricke and breake the saied bladders, or let them breake of them selues: & than ye may heale them with some healyng oyntment.

Another

Another remedie for the same bourgeons of the Pockes.

WAshe the burgions with Wine, and make the defensif aboue saied: than take. iij. partes of *Vnguentum aureum*, and one parte of Sublimatum, well broken or beaten: mengle the saied Sublimatum w̄ the said oyntment, and lay it with a plaster vpon the burgeons, leauing it therupon a day or more, if you can, & ye shal find the burgeons or buddes, and the flesh fayre and neate, whiche will seeme to be a miraculous thynge, and if it worke not well at the firste, ye must renew it agayne, twise or thrise, accordyng as the burgeons shalbe hard and olde. Now, whan they be thorowlie dissolued and leused, take Butter washed with Wyne, and lay it vpon a linnen cloth, and put it vpon them, and so shall you heale them perfectlie. Note also that the saied ointment, with the Sublimat, will draw vnto him all the aquosite, and euil humours of the arme or legge, wherunto it is layde. Wherfore it will not onlie heale the place where you laye it, but will also purge the whole member of all euill humours, that is in it, and therfore there is a verie good water confect and made of it, for to heale scabbes, as we will tell you afterwarde. It healeth also all other accidentes, wherupon you make any outwarde application: and (as we haue sayed) draweth to him selfe al the watrishnes, and humour of the member, wherupon it is layde. Now, whan you wyll lay it vpon the burgeons, or vpon anie corrupte place, weete wel the linnen clothe, and the band that you wil binde it withall: weete well also rounde aboute the infect or sore place: for the said medecine, will draw all the corruption thorow the saied places. And this is a verie worthie and exquisite secrete, for all thinges, so that it be well vsed, made and applied.

A verie easie and parfite remedie for him that hath anie blow with a sword, staffe, or stone, or other like thyng, yea, though he were grieuously wounded.

TAke *Taxue barbatus*, and stampe it, and take the iuice of it: and if the wounde bleede, wipe it, and make it cleane, washinge it with white wine, or water: than lay of the sayd iuice vpon the wounde, and the herbe vpon it, of the whiche you toke the iuice, and than make your bindinge, and let it be on it a whole daie: and you shall se a wonderfull effecte.

¶ *A water to heale all maner of woundes in short space: whiche is a thinge that euerye man ought alwayes to haue in his house, for the accidentes and chaunces that maye fall, seyng it is easye to bee made, and with lytle cost, and that it is of so meruelous an operation.*

TAke a pounde of newe yelowe ware, or as muche as you will, and lette it melte vpon a fier in a cleane panne: and then powre it into another panne, or dishe, wherein must bee Malmsey, Muscadel, or other white wyne that is very good: afterwarde take it out of the wine and melt it agayne: then powre it again vpon the said wine, doing so. viij. times. And then take the said ware, & melt it vpō the fier, miryng with it a handfull of bricke finely beaten into dust: incorporate all well together, & put it into a croke necked viole of glasse, which distillars, call a Bagpipe, claied about vp to the middes of the necke: & let it distill first with a litle fier, by the space of. viij. houres: & afterward make your fier greater, & at thende verie greate. But you must aboue all thing, close wel the sydes and ioyntes of the saied vessell, and of the recipient, which must be somewhat greate. After that the ouen & all the other thinges bee colde agayn, you shall take the water out of the recipient, and shall powre it into a viall well stopped with ware and cyred clothe, so that in no race it maye take vent: neither set it in a place where anye heate of the sonne or fier maye come to it: for it is of so fine a substaunce, that it woulde flie and banishe away

awaie immediatlye. The saide lycour is merueylous good for all kinde of woundes: and ye must weate and moist the wounde with it, and bynde vpon it a piece of lynen clothe steeped in the sayd water. And amonge all the experiences that hath been seene, thys was experimented and proued vpon a seruaunt of a noble man called Feonello Pio de Carpe, resydent in Venise, the yere 1548. the whiche seruaunte hauinge receyued a stroke with a dagger vpon the instepp of the foote, whiche is a place verye daungerous, did nothing but laye therto a lytle of the sayde water, whiche a gentell man of the saide Senyor Leonello had in his house: & in the space of two daies he was so healed that skant coulde a man perceyue the cicatrice or skarre where the cut was: it is also exceding good for shronken synowes. And if thys forsayd water bee well and naturally made or distilled the second time, it is of so fine and persyng substaunce, that if a man laye of it vpon the palme of his hande, ye shal see it perse thorowe incontinent and in a moment, and leaue the place drie as thoughe it had neuer been layde there. Therefore they that haue any knowledge maye helpe diuers diseases, in adding to it some other licour or pouder, suche as they woulde haue perse into the flesshe.

To make oyle of S. Ihons wort, which is called in Venise, and in diuers other places redde oyle: and is of suche vertue that a man can skantly expresse it, as well to heale woundes, as other infinite diseases, whereof we wyll shewe the most notable, and those that haue been founde trew by experience.

YOu must gather in the moneth of May and June, the herbe called of the Greekes Hypericon, of the Latynes Perforata, of the Frenchmen Millepertuis, and of vs in Englande S. Ihons worte, before it begin to florysshe or haue floures: and stampe it in a morter of marble, or of wood very cleane, and putte it so stamped

in a violle or glaſſe : and then powre to it as muche white wine as will couer it all ouer , and adde to it of good oyle olyue aboute the height of two fyngers, leauyng it ſo in the ſaide glaſſe wel ſtopped, and after that ye muſt gather the ſaid herbe with his bloſſomes vpon S. Jhons day in the mornyng after the ſonne is ryſen, and puttyng the bloſſomes a part, ye muſt ſtampe wel the herbe with the ſtalkes, and after ye haue cut it very ſmall , take it out of the morter , and ſtampe it in the ſame morter alſo a litle, the floures or bloſſoms whiche you kepte a parte, and mingle them with they? herbe, whiche was ſtamped before. But the bloſſomes muſte wey foure times or very nigh as muche as al the herbe that ye gathered in the moneth of Maye, and before S. Jhons day, and was putte in the ſaide violle or glaſſe, with the wine and oyle olyue. You muſte after this mingle al theſe things together, and put them in ſome violle or glaſſe, or els in ſome pan of earth very cleane, with the ſaid wine and oyle olyue, and put to it againe other wine and oyle, vntil al bee couered as before: and then ſet al this in the Sonne in ſome veſſell well ſtopped. And twelue or fiftene daies after when the ſeede of S. Jhons wort ſhalbe ripe, you muſt gather of it in the morning after the Sonne is vp: and ſtampe it well, and ſo mingle it with the ſaide herbe, and bloſſomes: but you muſt put no wine to it, ſauynge onely the oyle oliue. And the ſaied ſeede muſte in quantitie wey as much as the fourth or thirde parte of the ſayd herbe before the wyne bee putte to it: alſo the oyle muſt bee of ſuche quantitie, as maye be aboue all the ſubſtaunces a good handfull or twoo. After this ſet a caudron of water on the fier , with hey or ſtrawe in the bottom: and put the ſaied violle into it ſo that it bee not in daunger of breakyng, when the water beginneth to ſeeth. This maner of ſetting the violles or glaſſes in a caudron of boylyng water, is called of our moderne Philiſophers, *Balneum Marie*, and it is dreſſed and trimmed in thys ſorte, as well for to diſtill with a Lymbecke, as for to

make

make putrefaction, euaporation, or dissolution: of the whiche thinges we wyll speake afterwarde, when we comme to the matter of distyllyng. Then muste you make the water in the saide caudron to seeth, with the substaunce whiche is in it, by the space of thre or foure houres, according to the quantitie of the said substaunces, vntyl the wine, or at the least the most part of it be dronke and consumed, which ye shal know in this maner. Take a litle of the substaunce on the ende of a sticke, and caste it in the fier, and if it burne withoute anye noyse, it is a signe that there is no moore wyne left. The sayde violle muste bee vncouered whyle the water boyleth, because the wyne maye euaporate and breathe out. And if the sayde substaunce bee so great in the violle, that it passe fyue or syre pounde, ye shal put to it these thinges folowing, accordyng to the weyght and measure that we wyl shewe you, and kepe al wais good proporcion, accordinge to the quantitie of the weyghte of the water, whiche shalbe moore or lesse then fyue pounde. Fyrst take quicke brymstone, or els when it is made into long canes or stickes half a poūd, commune white salte, eyght vnces, of smallage a dishfull wel washed, fyrst in water, and then in honnye rosat, or other honny (so that it bee sodden and skymmed) foure vnces: ten vnces of Turpentyne, washed once or twise in well, ryuer, or conduite water, of the iuyce of *Taxus barbatus*, of the iuyce of white or blacke *Dictamum*, of eche of them foure vnces. of Saffron thre vnces, rootes of *Dictamum*, rootes of Gentian, the rootes of *Imperatoria*, the rootes of the herbe called *Crocodilium* or *Carlina*, the rootes of Ualerian, and the rootes of Selandyne, of eche of them two vnces. And if the sayd rootes be greene, you muste stampe them wel: if they bee drie, ye must beate them into pouder: an vnce of myrre, two vnces of redde ware, two vnces of fyne Triacle, an vnce of the seedes of a Cedar tree, thre vnces of yuy seede thorowe rype, foure vnces of the seede of a Bay tree thorowe rype, syre vnces of *aqua vitæ*, an vnce of

Synamon,

Synamom, half an vnce of *lignum Aloe*. Let all these be well stamped, and put in a violle or vinall with the saide herbe, blossomes, and oyle: ye muste stoppe well the saide violle, that the substaunce haue no maner vent or euaporation. Then make a fier vnder the caudron so that the water maie be hotte without seething, and keepe it so the space of two or three dayes: and the longer the better. If in case the fier go out in the night there is no greate daunger: ye maie make it againe in the morning, but you must kepe it so much the longer. Hauing then taken the violle out of the caudron, and left it in the Sonne all the rest of the Somer, kepe it in your house well couered: and the older suche oyle wareth, the better it will bee. But it shalbe good to put to it euerye yeare newe iuyce, of the saide herbe S. Jhons wort, and of the blossomes and seede well stamped, and that the saide blossomes, herbe, or seedes bee sodden, by the space of foure or fiue houres in oyle oliue: and then muste you powre all the oyle with the substaunce into some vessell, and presse well all the blossomes and the herbe, and cast them away, and put in other: and yf ye shoulde dooe so euerie yeare the oyle woulde not be the worse but rather better. If al these foresaid things can not be gotten in one season or time it is no matter: for a man maye put them in as he findeth them: and if ye can not get them all, ye may put in theim that ye can finde or get. The vertues of this excellent oile are infinite, of the which we will speake onely of the chiefest, & those that haue been proued by experience, as well of vs as of other in our presence, and by our appoyntment and orderinge. First, it hath as muche or more vertue, then the true and right baulme, and it is good for all colde grieues, as well within as without the bodie: for the *Sciatica*, and colde goute, in heating it and rubbing the place withal: for a quartayne, tertian, or quotidian ague, when a man anointeth the raines of the backe an houre before the ague come. Also it healeth meruelous well *Colicam passionem*, when a man rubbeth or anoynteth

teth warmely his brest or stomacke withall, and when it is put in glisters with other substaunces, as we will declare in the chapter of the Colicke passion. And if ye anoynt the place about the priuie membres of a man or woman, it will make them to vrine or pisse well. If a woman haue her fruit dead in her wombe taking three or foure dragmes of the saide oyle, she shalbe deliuered incontinent. It is likewise good for all griefes of the brest or stomacke. It is a thing aboue all other most excellent and miraculous for the plage, anoyting the raines of the backe, and in drinking two dragmes or two dragmes and a halfe in good white wine: but note that it must bee dronke before the sirte houre after the sickenesse is begonne, and rubbe the place of the sickenesse with it, it beinge heated. It healeth moreouer all maner vlcers, sores, boyles, botches, and corrupte matter within the skinne couered with a skabbe, as well olde as new, & also brusings, or knockes. And good for other infinite thinges, as euery man maye dayly proue by experience. And specially it is verie good for the retraction or drawinge againe of woundes or such like.

¶ To make an oyle of a redde dogge, by the meane whereof (beside other infinite vertues that it hath) I haue healed a frier of S. Onofres, who had by the space of xij. yeres, a lame and drye withered arme lyke a sticke, so that nature gaue it no more norisshement.

¶ TAke a yonge dogge of redde heare, and keepe him three daies without meate: and then strangle him with a corde, and lette him lye dead a quarter of a houre, and in the meane time boile a kettle of oyle vpon the fier, and putte the dogge in whole or in pieces, it maketh no matter how, so that he bee all there with the skinne and heare: and make him seeth so vntill he bee almost sodden to pieces, keping alwaies the kettle close couered. In the meane time take Scorpions to the number of foure skore or a hundreht, and putte theym in a basyn on the fier, vntill they bee

thorowly burned. Then putte them into the saide kettle wt the oyle & the dogge, putting to it a good dishfull of great grounde wormes, or smallage well washed, a good handfull of S. Jhons worte, a handfull of wylde or marshe mallowes, and a handfull of walwort, with an vnce of Saffron. Seeth all these thinges well together, vntill the flesshe of the dogge be broken and fallen in pieces. And because ye must haue much oyle, ye may at the firste putte into the kettle two partes of water, and one parte of oyle: and in sethyng ye may powre in water, vntill the dogge bee all together broken, as is alreadie saide: then let it ware colde. After this ye shall take the bones of him and the herbes, and when ye haue pressed and squissed them well, that all the substaunce remaine in the saide oyle, caste them awaye. This doen, you shall take only that which is aboue vpon the water: that is to saie, the oyle and the grease, and cast away the water, if there be muche: but if there be but a litle, so that you can skant discerne the oyle frō the water, ye shall take all together, for a litle water can not bee but good. Then straine it thorowe a strayner or canuese, firste weated or steeped in white wine: and take then *vnguentum Agrippe* seuen or eyght vnces, of the marie of the gambon and bones of a hogge, a pounde, of the marie of the hinder thighes of an asse a pounde, or as muche as you maye get. Put all these thinges together, with the saide oyle and grease: and make it seeth vppon the fier: then adde to it a dishefull or an halfe of oyle rosat: & when it setheth, you shal put to it thre vnces of Mastick, two vnces of Gomme *Elemi*, eyghte vnces of redde Ware: but the Mastick and the Gomme muste bee well beaten into pouder and sifted. And when all this hath boyled the space of halfe an houre, let it coole againe, and sette it in the Sonne in some kinde of vessel wel couered by the space of certaine daies. Then shal you haue an excellent substaunce and matter for all kinde of colde infirmities, and for many other. And as I haue alredie saide, I haue

achees called of the apotycaries bisma lua or maluiscus and in Latyne hibiscus or Athæa.

seene

seene the experience of it in a Frier of S. Onofrey, that is to saie: of them that weare an habit of Roan colour: but (as he saied) he dwelt not in the monasterie, because of the said infirmitie of his lefte arme, whiche was as drie as the braunche of a withered tree. Moreouer, he saied vnto me, that he did not remember nor coulde tell whether that chaunced vnto him, either by sickneſſe, or by some wounde or hurte. The saide arme was become smaller then the other almoste by halfe, so that the saide arme had almoste no strength at all, and coulde not helpe it selfe in no wise. I caused him then to bee annointed with the saide oyle (whiche I had set in the Sonne the Somer of the yeare 1547.) by the space of .y. *miserere*, & made him tarie in the Sonne vntill the saied oyle was cleane dryed vp, and had perced thorowe the saied arme: and within .lv. daies, men did perceyue and see perfitelye that the veynes gaue nourishment vnto the membre. Nine daies after, the arme was as full of flesh as the other: and with the helpe of god, was as whole and sound, as though it had neuer been hurte. This saide oyntment or oyle is a precious thing, and good for al colde infirmities, & for the gout: and specialye for all contractions or shrinkinges together of synowes or membres, and woundes, albeit, the man were wounded in the middes of the bodie, in putting into it this oyle, shal a miraculous thing beseene: and it is also good for the sinowes. As I came from Jerusalem in the yere 1518. in a shippe, of the whiche the maister was called Peter de *Chioggia*, we were set vpon by fiue soyſtes of Pirates, on this side *Corphu*, and one of the Mariners so attainted with the stroke of a gonne that he had his arme brused and broken, and with the same blowe another hurt in the brest. The Phisition would haue cut of the arme. But among other things that I caried about with me, I found a bore of the said oyntment, wherwith I anoynted his arme, and in the space of fiue or seuen days, he was healed miraculously. I haue made many experiences, aswel vpon my self, as

vpō others: and hauing giuen of it vnto diuers men to ayde them selues withall, they haue tolde me that they haue foūd in it a meruelous vertue & operation. If you make this oyle in the time when the herbe of S. Jhons wort is found, ye shal putte in the herbe, the blossome, and the seede: but if it be in the time when it can not be foūd, after ye haue made the first decoctiō of the dog, as we haue said, ye shal boyle the oyle & the grease once againe, putting to it the oyle of S. Jhons wort, whereof we haue spoken afore, or as ye may get it: that is to say, halfe asmuch as al the oyle and grease is. And if ye can not find *bismalua* or wild mallowes, ye may put in stede of it, ỹ oyntment called *Dialtea*, which is found cōmonly at the Apoticaries. And when ye wil boyle the dog in the kettle, it shalbe good to put to it, thre toteses that liue on the lande and not on the water, and so shall the said oyntment be very excellent for the goute. A certein man of mine acquaintaunce, of the age of thirtie yeres, vexed with the gout, whome I made take of this oyle, and anoynt himself a litle in the place of the griefe, and about it, putting to it two partes of oyle rosat, one part of oyle violet, & two partes of the said oyle of the dogge, told me that he had found a meruelous ease and helpe by it. And the said griefe returning againe foure times at sondrie times, yet anoyntinge himselfe therewith thre times (as is afore sayde) the paine came vnto hym no moore in the space of three yeares that wee were in Rome together, whiche was the yere 1514. And this man was called *Diego*, a Portugall, and dwelte at the mount Jordan. Sith that tyme, being gone to Uenise, and from thence into Leuaunt, I haue heard nothynge of hym.

To make an oyntment, the most excellent in the worlde, whose vertues are infinite, as we will declare afterwarde. VVhiche, Princes ought to commaunde to be made and kept in their cōmon wealthes: and that it should be made in the presence of Phisitions, as Triacle is made: or at the leaste euerie

rie man ought to haue it in his house, and speciallie bycause a man may make a great quantite of it: and the lenger it is kept the better it waxeth.

Take first oyle Roset, the oyle of Violettes, the Oyle of *Neuuphar*, oyle of Spick, oyle of the herbe called *Costum* commonlie called *Cocus* or *herba marie*, the oyle of Bay, oile of Nutmegges, the oyle of the blossomes of Jasemin, of eche of them a pounde. The oyle of Nutmegges, and of Sinamom, is made in seething, Nutmegges, or Sinamon wel stamped, in oyle Oliue. And in the like maner, ye may make the oyle or decoction of *Xilobalsamum*, of *Carpobalsamum*, of *lignum Aloe*, of Mirrhe, of Frankensence, of the gume of Iuie, of Mastick, and of Cloues, and it shall suffise onely, to put in the oyle of these said spices, half as much as eche of the other mounteth vnto, that is to say, half a pound. Likewise must ye make oyle of Campher, but ye muste not seeth it, but onely warme the oyle Oliue, in a litle pan and poure it so vpon the Campher a good way of from the fire: than must you soubdaynlie couer it: for the Campher is so fine and delicate, that it would incontinent breath out and vanish away: and therefore dothe the Campher cleaue vnto the lidde, and sides of the pan bicause it cannot get out. You must put onlie halfe an vnce of Campher, for euerie two or three pounde of the whole quantite of the other oyles together: than adde to it, a pounde of the oyle of Turpentine, made by distillation, and three vnces of the oyle of Storar *liquida*: after this, put all these oyles so mingled together, into a great cawdron or kettell tinned within, which muste be high and narrow, to the ende that all the thynges, that ye will put in, mate afterwarde be well coucred, with the saied oyles: And the sayde cawdron, ought to haue a couer that maie close him well and iustly: than set it vpon a small fire, and put in three of these blacke

Aſpers, iij. Todes. x. of theſe litle beaſtes, called in latine *Tarantulæ* or *Stelliones*, which be like vnto Liſardes, hauinge ſpottes on their backes like Starres, and. l. Scorpions. And if ye can get anie other venimous beaſtes, put them in quicke, if not at the firſt time, at the leaſt at euerie time whan ye can haue them: and after you haue well couered and cloſed the cawdron, giue it but a light fire, the ſpace of. v. or. vi. daies. It ſhall be good to ſet the ſaied cawdron, in maner of a Fornayſe, as it were to make Salt peter, or as Sope cawdrons be ſet: than after, by the ſpace of a day, make the fire a litle greater, vntill all the venimous beaſtes be broken into peces, and almoſt conſumed in the ſayd oyle, wherinto it ſhould be good, to haue put firſt, a pot of good white Wine. Than hauing taken the cawdron from the fire and taken all the ſayde beaſtes, preſſe them or wringe them hard in ſome canueſſe or linnen cloth, weate with white Wine. Than take the oyle of Saincte Jhons wort, compounde, as we haue before declared, halfe as muche as all the oyle of the ſayde beaſtes, and the third part of the oyle of the redde dogge, mingle all well together, and put to it the bloſſomes of Selandine, the bloſſomes of Saincte Jhons wort, ſuche a quantite as you will, puttinge alſo to it, a handefull of white ſalte, the iuice of *Taxus barbatus*, and of white *Dictamũ*, at your diſcretion: the iuice of *Criſpina rubra*, if ye can gette it. This *Criſpina rubra*, is a herbe like vnto a Thiſtle, and is taken of *Ioannis Agricola*, to be the brier called *Reſpis*: but it hath leaues leſſer, and tenderer than a Thiule, and is eaten almoſt in euerie place, in Italie, in Salades. And there it is called in ſome places, *Cardonello*, and in Veniſe, *Sigone*. The red Criſpin is in al pointes like vnto the white and greene, and differeth in nothynge, but in colour: it is a verie precious herbe. I ſaw once a man, that cleft a ponge Kiddes head, almoſt a ſunder: and after layde to it, onely the iuice of the ſayde redde Criſpin: and ioyned the head together, and bounde it with a bande: and in two daies the Kidde was healed,

as

as sounde as he was before. Also it is verie good, in the time of a Plage or pestilence, as wee will afterwarde declare. Than, if you can get of the iuice of the saied *Crispina*, or *Cardonello*, ye shall put a pound of it, with the said oyles, and as much of the iuice of *Carduus benedictus*, a pounde of the flouers or blossomes, of the said *Carduus benedictus*, an vncē of *Lignū Aloe* in pouder, and an vnce of Saffran. Set all these thinges well mired together, in the Sunne, all the whole Sommer time, in diuers vessels of glasse, or of earth leaded within, wel couered with paper or linen clothe. And keepe it as a precious thyng: whose vertues to expresse, it is impossible. This saied oyle is excellent good, principallie for all maner of contractions, and shrinkinges of the members, of a mans bodie, and of woundes, as well olde as fresshe, against Fistules, Cankers, and the disease called in latin *Struma*, whiche is a swelling in the throte, of gathered matter and bloud, whiche wee call in English, the Kinges euil, or the Quinses, whan the place of the sore is rubbed with it, or when Towe weate in the sayde oyle is laied vnto it, and beginnyng in the first quarter of the wane, or decreasynge of the Moone, (with the grace of God) the sayd accidentes, shalbe healed before the new Moone. Also the saied oyle, is good against all maner of venim or poyson, beyng annointed about the hart, if the Poyson be taken at the mouth: and if a man be bitten with anie venimous beast, or hurte with anie intoricated weapon, ye must wryng well the bloud out of the wounde: and than rubbe the place, and round aboute it with the saied oyle. It is also good for anie mēber that is stiffe, and nomme, and almost for all diseases that can chaunce vnto mans bodie, wherunto anie outward application is made of it.

¶ *A verie true and proued remedie, agaynst a Quartayne ague.*

Ye

We must firste of all, couer the patient, well in his bed, about halfe an houre, before his fitte come, and set some coles or embers, beside his bed: than let him take and drinke, a glasse ful of Muscadell or Malmsey, with as muche ponder of *Assarabac*, as will lie vpon two crownes of gold, or a litle more: and the wyne must be hote, or luke warme, and the patient well couered in his bedde, for to make him sweate: and the more he shalbe moued to vomite, the better it is, for it is a signe of good operation. Also the sayde patient, must endure the sweate, as muche as he may, & wipe him self with some linnen cloth, & after his fit is past, he may keepe his bed, or rise if he will. Than you must take Sage, Rue, and the herbe called in Latin *Bursa pastoris*, as muche of the one, as the other, and stampe them wel together, and water them with white vinaygre, verie stronge: and so binde it to his poulse or wrest of his arme, beneth the toynte of the hande, leauyng it so, by the space of a daie, and the morow after, take it a waie. When the fitte cōmeth agayne, ye shall take likewise of the said greene herbes, arowsed wyth vinaigre, as before, and binde them to his arme, and take againe of the ponder of *Assarabac*, keepyng the patient in his bed, as we haue saied, vntill he sweat lustelie. And thus must he do. iij. times, and with the help of God, he shalbe thorowlie healed. There be many, that haue bene healed, at the seconde time, and other some, at the firste. This way is the easiest to do in the worlde, for such a sickenesse, and is no lesse good for a Tertian. Some haue not taken the ponder in at the mouthe: but haue vsed onlie, the remedie vpon the arme, withoute keepyng their bedde: and walking vp and downe, haue founde them selues healed. Other haue ben healed, by takyng onlie, the ponder with the Wyne, not vsynge the sayd herbes at all.

To heale wartes, a secrete verie exeellent, and easie to be done: proued and experimented vpon diuers persons.

Take

TAke a crowne of Gold, or a gold ryng without a ſtone, or els ſome other peece of gold, & heate it glowing hote in the fire, than ſeare the wartes with it. And if you haue no golde, do it with ſome peece of hote yron, or cole of fire, and leaue it ſo a litle while, waſhing thē after with ſtrong lie. Do this three times in one daie, or in manie. Than take a Radiſh (ſuche as men eate rawe) ſome what greate, and make a hole in it, as greate as you maie, the whiche ye ſhall fill with common ſalt, well beaten into pouder, and ſo cloſe vp the hole, with the peece that ye toke of, and put the Radiſh ſo in a diſhe, the ſpace of a night: in the morning ye ſhal find that the water of ẏ radiſh, ſhal be aboute in the diſhe, wherwith, you ſhal waſhe often times in a daie, the ſaied Wartes, puttinge vpon them ſome cotten or woll, or ſome linnen cloth, weate with the ſaied water: Than ſhall you ſe, that within twoo daies, that the Wartes ſhall fall of, or at the leaſt eaſie to be plucked of. This done, annoynt the place with an oyntment, called *Vnguentum aureum*, or waſhe them with the ſame water. If you haue no greate Radiſh, ye maie make the ſaied water of litle Radiſhes, cutte in ſmale peeces, laied in order, or rankes in a diſhe, a ranke of Salt, and another of Radiſhes, and you ſhall finde the foreſaied water. This water is alſo meruelous good for deffenelle, as we will tell you afterwarde, more at large.

A verie profitable and eaſie remedy to be made againſt plureſies, whiche in two daies healed a Smith, that was almoſt dead, and had not ſlept in two nightes.

TAke an Apple, whiche is called in Italian *Melo appio*, in Latin *Malum appianum*, and is yelow, and ſmelleth verie well: if you can not get ſuch one, take Pome rials, or els ſome other Apple, like vnto it, of the delicateſt, that men commonlie eate: make in it a hole, takynge awaie ſome part of it with in, ſo that the hole paſſe not thorow. Put into that hole

Melo appio I take to bea pomeroyal.

iij. oz. iiij. graynes of Frankensence, of the male kynde otherwise called *Olibanum*: than couer agayne the saied hole, with the litle peece that you toke of first, & roste it so vpon the embers, so that it burne not, but that it may ware tender. Than take it from the fire, and breake it into. iiij. partes, with all the Frankensence in it: and so giue it the pacient to eate, it will by and by, make the Apostume to breake, & heale him cleane. The forsaied Smith, had al readie shutte his teeth, so that men were fayne to open them with a spoone oz knife: and so they put of it into his mouthe, as well as they coulde, and straight way he tourned with his breast, vpon the beddes side, and spitte out a great parte of the matter, that was come forth of the Apostume broken: and therupon slept more than. ir. houres, and whan he waked, he called for meate, & found him self thorowlie whole, which was a thyng worthie to giue God thankes for.

Another secret, or remedie, agaynst the saied disease of the Pleuresye.

TAke the flower, that sticketh on the bourdes and walles of a Mille, and make therof paste with water: and so make litle cakes, of the bignesse of a grote, oz somewhat more, and hauing baked oz fried them, in an yron ladle, oz in a fryng pan, with the oyle of Scorpions, lay one of them so vpon the place, where the patient feeleth his greef, and that as hote as he maie endure, rubbynge, and annoyntyng it with the saied oyle of Scorpions: and whan one of the cakes is almost colde. Lay to another very hote, & heate the first againe in the saied oyle, and so consequentlie take awaie one, and put to another. r oz. rb. times, and shortlie after the Apostume shal breake, and in spitting the matter oute, the patient (with Gods ayde) shall be healed.

Another good secret agaynst the same disease.

Open

Open a white loſe new baket, in the middle, and ſpread it well with good Triacle, on bothe the halfes, on the crommie ſide, and heate it at the fyre: than laie one of the halfes, vpon the place of the diſeaſe, and the other half on the tother ſide of his body directly: and ſo binde them, that they ſturre not, leauynge them ſo a daie and a night, or vntill the Apoſtume breake: which I haue ſometime ſeen doen, in. ij. houres or leſſe. And than take awaie the breade, and immediatlie the patient will begyn to ſpit, and voide the putrifaction of the Apoſtume, and after he hath ſlept a litle, ye ſhal giue him ſome meate, and with the helpe of God, he ſhall be ſhortlie healed.

Another remedie againſt the ſame diſeaſe.

Take a toothe of a wilde Boze: and if the payne holde him in the right ſyde, ye muſte take the tooth of the right iawe: if otherwiſe, ye muſt take the lefte tooth: yet not withſtandynge, it hath been founde by experience, to be all one of whiche iawe ſo euer it were. Scrape the ſaied tooth with a knife, vpon a cleane table, or vpon a paper: than take of the ſame ſcrappynges, as muche as you maie laye vpon two grotes, and giue the patient drinke of it, with a litle Barley water, or in the brothe of litle redde graines like vnto Ciche peaſon, or with white Wyne with a litle water. This hath alwaies bene founde verie good and true.

To make a water, good for the breaſt or ſtomake, of the which men vſe to giue them drinke, that be tourmented or greeued with the ſtitche in the ſide, or pleuritike Apoſtumes the whiche water is of a verie good ſauour, and mondifieth meruelous well the breaſt or ſtomacke.

YOu shal take the rootes of the herbe which the Apoticaries call *Bismalua*, or *Malnauiscus* in English wilde Mallow, and scrape from them cleane their skinne or barke, and take awaie the harde substaunce, that is within them: than cut them in smal peeces, and after you haue stamped them well, take halfe a pounde of theim, and seeth it in a great panne, with these thinges folowing. Honnie roset, or rawe Honnie, half a pound, Barley husked or excorticated, a pound and a half, of the fruite called of the Apoticaries *Iuiuba* iiij. vnces, drie Figges, iij. vnces, pressed Raisins, or other Raisins (which must haue their litle kurnels within, taken awaie) iij. vnces, of the herbe Scobiosa, with the rootes well mundified ij. pounde, iij. Appels called *Appiana mala* (whiche is a kinde of Appels, as great as Quinces, hauyng as great a sauour, as they, and of collour redde) or some suche sweete and delicate Appels, that men vse to eate, cut in small peeces, of Frankensence the male kynde, called *Olibanum* an vnce: and if you may haue *Carduus benedictus* drie or greene, ye shall putte in a litle handfull. Than seeth all this, vntill it be broken in peeces: and hauyng so sodden it, poure out the iuice of it, & presse or wrynge the herbes, and the Barley a litle: and giue the patient drinke therof, as well at his meales, as other wise, and at night, before he go to bedde: the more he drinketh of it, the better he shalbe: so that he drinke by litle and litle, because it maie not descend with to much violence. A man may vse this water, whether he vse the saied remedies or not: for of it self, it clenseth the breast and stomacke, ripeth and causeth the Apostume to breake: also a man must vse it, a daie or two, after the Apostume be broken, and voyded, to the ende to mundifie and clense the breast and stomacke the better. The saied water, is also meruelous good, for all maner of coughes, and all other paines in the breast & stomacke. This water was giuen me at *Bolonia*, the yeare. 1543. of a gentilman, called *Girolamo Russelli*, with the which, the same yeare,

he

he was healed of the same disease, in a short space without letting blood, or using any other medecine, but onlie this water.

¶ *Against all diseases of the mouth, palate, throte, and gummes, or iawes.*

TAke Olive leaues, and stampe them wyth Plantaine water, presse them, and wrynge out as muche iuice of theim, as you can. The which iuice only I some time used my self, and also gaue of it vnto others, against all diseases of the mouth, and haue founde it alwaies, to be of a meruelous vertue. But if the greef or dolour of the palate, or mouthe, were so great, that there were anie corrupte flesh that augmented, and eate alwaies more and more: than I gaue them, halfe a glasse full of the said iuice of Olive leaues, half a glasse full of Rose water, or somewhat lesse, an vnce of Honnie Roset, of the inside of Cassia, the quantite of a beane, Alam of the Rocke burned, two dragmes, the Lies of wine, the. viij parte of an vnce, fine or course Suger, halfe an vnce, Plantayn water an vnce, of the decoction of Bismalua, or Maluauiscus, a glasse full. Al the which thinges, I let seeth faire and softlie, by the space of two Pater noster: than I let it coole againe, and caused the patiente, to gargell and washe his throte often times in a daie. It is a thyng, that hath not his like: but sometime, when the disease was extreme, I caused to be put to it, a quarter of an vnce of Synople or red lead. The saied water is also meruaylous good, to heale all euill cankerous accidentes, about the priuie members.

¶ *For all woundes and soores of the legges bee they recent, or olde, although the legges were couered ouer wyth them, and eaten vnto the bone.*

TAke Agrimoyne, and boyle it in white wyne, and after hauing stamped it, adde to it asmuche of the leaues of an olive tree stamped likewise, a fewe drie roses, let all this seeth together, by

the space of two *Miserere*: and then washe the legge well (that is to saye the wounde and rounde aboute the wounde) with the said wine luke warme. Then take these pouders folowing, that is to saye, *Aristolochia*, both of long and rounde, Masticke, Myrre, Dragons bloud, called in Englishe Pellytorie of Spaine, *Aloe epaticum*, Pyll, called in Latyne *Tutia*, the barke or ryne of gourdes burned, of eche of these an vnce, *Nummia*, or as some call it, *Humia*, and Boale armoniacke, of eche of them a quarter of an vnce well stamped, and strayned, laye all vpon the said griefe: than take the herbes boyled in wine, as is aforesaide, and binde them vppon the wounde with a bande, in chaungyng it twise a day, or at the least once, and you shall see the legge healed in fewe daies.

¶To heale swollen knees or legges, redde, and full of humours: a secrete mercyelous good, easie to bee made, and of lytle charge, and often times proued.

TAke the skinne of a dogge, yf you may get it: or if not, take a white lambes skynne, or elles the skinne of a kidde, and cut a piece of it as broade as the palme of youre hande, or moore, and another piece of the length of your hande, or somewhat moore; then melte in a pan on the fier these thinges folowing: rosen of a Pine tree two pounde, Galbanum. v. vnces, Masticke an vnce, Muske, Amber, Cyuet, of eche of them fire graynes, or as muche as you wyll, & breake the Masticke betweue two papers: then put the rosen and the Galbanum to melte in a panne with a small fier, and when it is well melted, ye shall putte the masticke to it, and sturre them well with a lytle stycke, to the entent that nothing burne. After this lay it abrode whote as it is, vppon the saide skinne halfe a fynger thicke. Then take twelue or fiftene of these litle beastes called Monkes peason or sowes (whereof is founde a greate quantitie vnder stones in moyste places) and theym in a morter, with a litle Barrowes grease make

make thereof an vnction or oyntment to laye vpon the saide plaister of the skinne, heatyng the sayd skynne at the fier, and laye it vnder the knee, or vnder the calfe of the legge, harde bounde, and leaue it so two or three dayes: but if the legge be hearie, ye must shaue the hear alwaye with a rasour, for the plaister woulde els cleaue to it, when you take it of agayn, if you find that it hath made litle bladders, perce them, and wipe them cleane. This doen, washe them with the wine, wherin the decoction of the Agrimoyne, the Oliue leaues, the Roses, and plantaine was made: and so wype and drie theym againe. Make cleane also the saide plaister, remouynge and sturryng a litle the oyntment: and after hauynge heated it againe by the fyre, lay it againe vpon the leg. Dooe thus euery thirde or fourth day, and you shall see that the plaister shall haue drawen vnto it selfe in a small time a great aquositie of the legge, and shall haue taken awaye the rednesse, inflamation, and swellinge. And if there bee a wounde, you shall heale it, as we haue aboue sayde.

A verye sure and perfect remedie agaynst a Sciatica, often tymes proued and experimented in diuers partes of the worlde.

Furste make this confection that foloweth. Take three pounde of rawe honny, and put it in a panne with two glasses full of water, and make it seeth or boyle together, vntyll you see the skume or froth mounte vp, the whiche you muste take away. Then take the rootes of the herbe called in Latine *Acorus* and in English Galingale, or of the herbe called yelowe Gladen, make them cleane, cut them in smal pieces, and stampe them well. Take of these herbes one pounde for the sayde three pounces of honnye, and put them by lytle and lytle into the sayde panne, alwaies sturryng them a litle, letting them so boyle, by the space of a good houre. Then put to it also an vnce of fine Synamom wel beaten

ten into pouder, take it ſo from the fier, and keepe it in the ſame panne, or in ſome other veſſell. Giue vnto the patient of this conſerue at night when he goeth to bed, about foure or fyue ſponefulles, and in the mornynge early as muche or more. Giue him alſo thereof before his meales and after: the oftner he eateth of it the better he ſhal be. If it be in winter, heate it for him a lytle: and while he thus vſeth it, let him alwaies ſit vpon his buttockes, that is to ſay: vpon the bone or buckle wher the *Sciatica* is, with the plaiſter declared in the chapter before, that is to ſay, of ỹ Roſen, *Galbanũ*, Maſticke, the litle beaſtes called Monkes peaſon or ſowes, with the reſt there mencioned. Then, at the ende of ten dayes take it of, and laye it other ten dayes vppon his thigh. And from thence take it agayne, making it cleane, mixing and ſturring it a newe, and laye it vnder the calfe of the legge tenne dayes more: and at euerye tyme you ſhall ſee that it wyll haue engendred litle puffes or bladers, and drawen to it ſelf al the aquoſitie and watriſhnes, in ſuche ſorte, that it wyll take awaye the griefe and heale it. This is a verye rare ſecrete agaynſt ſuche a diſeaſe, whiche verye fewe Phiſitions colde hitherto fynde certayne remedie for. If in caſe the diſeaſe bee olde or hath runne longe, giue the patient ſometyme this gliſter folowyng. Take Mallowes, Mercurie, Fenell, greene or drie, Wormewode, Rue, wilde Cucumbers broken, as muche of the one as of the other: than, put to it two handfulles of branne, ſeeth all in common water, vntill the thirde parte bee deminiſhed: and ſo let it coole againe. After this, take a diſhe and a halfe full of this decoction, three ſponefulles of ſkimmed Honnye, oyle of Camemille, and oyle of Rue, of eche of them an vnce and a halfe: mingle all well together, and make a Gliſter of it, whiche you ſhall miniſter vnto the Pacient in the mornynge: and ſo make him lye vpon that ſide where the Sciatica is. Two dayes after ye ſhall giue him another Gliſter, after three dayes another: and than foure dayes after yet another, continuing

yng so a moneth together. If the griefe be so indured and hardened that it wyll not behealed by the aforesaid remedies, you maye giue him Pilles the thyrde daye after, the fourth daye, the fyfte daye, and so vnto fyre or seuen tymes. But the Pylles wyll profit the Pacient nothing at all vnlesse he abstayne from eatinge salte or sharpe meates, and from all sortes of pulse corne, as Pease, Beanes, Tares, and Fitches, and suche other: lykewise from drinking water, or white wyne. Manye haue been healed onely with the saide plaister, not leauinge to dooe their businesse abrode notwithstanding: other haue also vsed the conserue. But in so manye yeres I haue had but two vpon whome (for to take awaye the disease being olde and farre gorn) I was constrained to vse the sayde Pilles and Glisters, whereby they were healed. I had also one, whiche vsed but only the plaister and the conserue, of whom the buckle bone was out of ioynt, and hardened, and with the saied remedie he was perfitly healed in the space of three score and tenne daies, and the saied bone retourned againe into his former place and state: but he tolde me that whilest he vsed the said plaister and conserue, a Nonne counseyled him to take from daye to daye, foure times, the bignesse of a Nutte of Turpentine washed in Borrage water, and that he should not tell me of it, whereby he founde him selfe healed in short time.

A water for to heale in fiue dayes at the moste, all maner of great skabbes, as well in warde as outwarde: and is a water cleare and white, and is of an odoriferous sauour, such as a man may present to a Queene.

TAke Plantaine water two glassefulles, Rose water a glassefull, of the water of the floures of Cytrons or Orenges halfe a glasse full, or lesse: put all thys together in a cleane panne or violle of glasse: and put to it an vnce of Sublyme, that is to say: quicke siluer, such as commonly is founde at the Apoticaries: it muste bee well beaten to pouder. Then let it boyle

faire and softlye the space of a quarter of an houre: and hauing taken it from the fier, let it coole, then put it in some violle: washe the scabbie places withall at night, and then let theym drie againe of theym selues, and let them alone so the nert day without washing them, and then washe them againe the thirde daye, but not the fourth. At the firste and seconde time that you washe them, it will make all the skabbes within the bodie to breake out: and at the thirde time ye shall so drie it vp, that you shal finde all nete and cleane, bothe without and within. There is no remedie in the worlde more noble then this, nor easier to bee made: and forsakinge all maner of stinking oyntmentes, bathes, or thinges that men take at the mouthe. This water maketh a mannes flesshe white. And seinge it draweth out so all the euill, salt, and corrupt humours, as well within as without the bodie, it is an easie thing to beleue, that it is verie good for the Pockes, the Goute, and manye other infirmities, accordinge to the iudgement of him that will putte it in effecte, and namelye, because that the saide Sublimat is verie good for to eate awaye all the corrupte and dead flesshe, and to heale all woundes thought incurable, as we wyll shewe you hereafter.

Againſt the diſeaſe or griefe of the ſlanckes and the Colicke paſsion, experimented and proued dyuers tymes.

Because it seemeth alwaies that with the paine of the side, is also ioyned the griefe of the Raines, or the Stone, it shall bee good to vse euer these two remedies preseruatiues, verie easie to bee made of euerie man of what condition or estate he bee. The first is to haue alwaies in his house the kernelles of Peches, and to eate of them euery daye fiue or syre before dinner and supper, with salte and bread, the whiche beside that they preserue a man from the paine of the side, they keepe him also from being dronke, and that

that the wine hurte not his braine or head: they cause to haue a good appetite, they conforte the stomacke, and the brest, and driue out of the bodie, likewise all maner of wormes. The other preseruatiue is, to eate often in Salades Mugworte or Motherworte, or elles in youre pottage. Manye in Italy in steede of Mugwort take the herbe called of the Apoticaries *Matricaria*, in Englyshe soote Maioram or Maioram gentle, whiche is of a sauour verie bitter: but it is not the same that I meane. But the Mugworte or Motherworte that I speake of, is an herbe that hath leaues like vnto Perseley: but muche longer, and hath a stalke in the middes, that is harde, and is of the colour of a darke Greene aboue, white vnderneath. And in manye places men call it herbe S. Jhon, that menne and women weare aboute theym on Midsomer euen. This herbe hath no sauoure at al, neither sweete nor bitter, so that in chewing, it is rather found sweete then bitter, hauing somewhat the sauour of Mallowes, and therfore it is good to be eaten in Salattes, in Pottage, or otherwyse. If you can not get him alwaies greene, ye maye keepe him drie, or in pouder, or distilled: and the more you vse of it, the better it is. Beside that it preserueth one from the payne of the syde, of the raynes, and from the stone: it is also good agaynste all dyseases of the bodye. Nowe, when anye man shall feele him selfe sycke of the saied payne of the side, it shall bee good to vse Glisters, and principallye of thys folowynge.

Take the dunge of a blacke Asse, if you can get it: if if not, let it be of a white Asse: and the dunge must bee fresh and new, the whiche you shall seeth or boyle in white wine, putting to it a handfull of Annis, a lytle oyle of Camomille, a litle oyle of Capers, with a handfull of Bran: let all boyle together, by the space of one *Miserere*, or a litle longer: than, take it from the fire, and presse the substaunce out, whiche shall remayne in the wine, wherof you shall make a Glister, for the sicke man, as hote as he may endure it, and let him keep it in

his bodie, as longe as he maie, and he shal finde it verie excellent.

Another remedie against the same disease.

TAke half a glasse, or lesse, of the iuice of Barberies, whan they be verie redde, and ripe, and put into it as muche red Coral, well beaten in pouder, as will lie vpon two grotes, and giue the patient drinke therof.

Another perfect remedie against the same disease, and to make a man pisse that hath bene. iij. or. iiij. daies without makinge water, and that in the space of half an bower, and will breake the stone within. x. or. xij. daies.

TAke fine pouder of *Virga aurea*, and put a sponefull of it, into a new laied Egge, soft rosse, and giue the patient drinke therof, in the morninge at hys breakefast, and lette him not eate at the least in foure houres after, and than shall he make water in lesse thã halfe an bower. If ye vse this continuallie, the space of x. or. xii. daies, as is foresaid, you shall make him pisse out the stone without anie paine or greefe.

Another remedie agaynst the Stone and payne of the raynes.

TAke the seedes of blew Violettes, or march Violettes, the seedes of common Burres, with theyr litle poddes and all, or ripe Burres a pounde, put them to drie in an Ouen (for otherwise it wil be a hard thyng to stampe them) stamping them afterward with their seedes. This doone, take a quicke Hare, strangle him with a corde, to thentent there be none of the bloud lost: put him so whole, or in peeces into some vessel, keete, guttes, head and all: than put him to burne in an Ouen, so that all, as wel the bones, and the skinne, as the flesh bee brought to pouder, this dooen, ye shall stampe it well, and mingle the pouder with the two other pouders aforesaied: drie Oken leaues, well beaten

to

to pouder. iiij. vnces, dzie Saxifrage oz Sampire, halfe a pounde, Bay berries. v. vnces. Let all these thynges be well beaten in pouder, sifted, and mixte together. Giue of this pouder vnto the pacient, as much as wyll lie vpon a grote, makynge him to dzinke it, in the moznyng, to his bzeakefast, in white wine, and let him doo this often times. It is the most exquisite thyng in the wozlde, as well foz the grauell, as foz the stone: but foz the grauell, you must take lesse, and not so ofte as foz the Stone.

The last, and the moste excellent remedie of all, agaynst the stone, be it in the reignes, or in the bladder, of what qualite or quantite, so euer it be.

IN the moneth of Maie, when Oxen go to grasse, oz be at pasture, ye shall take of their dunge, not to fresh, noz to dzie: than distille it faire and softlie (to thende it smell not of the smoke) into some vessell of glasse, oz earth leaded within, of the whiche dunge will come a water, without sauour oz euill stenche, whiche will be verie good, to take of all maner of spottes, oz blemishes in the face, if you washe it, with it, mozninge and euenynge. You shall keepe the saied water, in a Violle wel stopped: than take. iij. oz. iiij. Radishes, such as menne eate in salettes, cut them small, & put them in a Violle, and fill vp the violle with wine greeke, oz good Malmsey, oz other good white wine, lettyng it stand so in the Sunne, and in the ayze, a daie and a night. Than take one parte of that wine, two partes of the saied water, of the Oxe dunge, halfe a parte of the water of Stawberies. iij. oz. iiij. dzoppes of the iuice of Limons, oz Citrons: and let there be of all these waters, so pzopoztioned together, halfe a glasse full, oz some what mozе, into the which, you shall putte a peece of Suger, oz a litle Honnie roset: foz the one and the other, serue as wel to the sauour, as to the pzofite of the substaunce. After this, you shal put to it some of the pouder mentioned in

the Chapiter before, as much, as will lie vpon a grote, and than giue the patient drinke of it, and shortlie after you shall se a wonderfull effect: for manie, vnto whome I haue giuen of it, haue not tarried half an howre, but they haue pissed, in the whiche pisse, they haue founde so manie litle stones, that all together, came to the bigneſſe of a Walnutte, and of others, vnto the quantite of a hasel Nutte: in dunge often the saied remedie, they haue finally bene perfectly healed. I caused once a gentilman of Millan, to take of it by the space of. xii. daies, whome the Phisitions estemed as dead, & would haue cut him, but in the space of the saied. xij. daies, I made come out of him so many stones, that all together came to the quantite of an Egge, I made him make his water thorow a linnen cloth, laied ouer an Urinall, to the intente, to take vp the stones together: and the thirde morninge, he would take the glasse, a litle more than halfe full, and shortlie after, beyng about to make water, he began to crie out, for the great paine he felte in his yarde: after this payne was paste, lookyng in the linnen cloth, he founde a stone as longe and as bigge, as a Bene, lom what pointed at one of the sides, which paraduenture, in passyng thorow his yard, caused him to haue all that payne. Now, although that manie, as well of olde time, as now of late daies, haue written diuers and sondrie remedies, against the saied disease, yet was there neuer founde a surer, truer, or presenter remedie, than this. The saied water and the pouder, may be kept longe, but you must at euerie time renew the wine of the saied Radish, and the iuice of the Limon or Citron, for in the space of two daies (the wine chiefly) glueth such a sent, that a man maie skant endure it.

For him that spitteth bloud, by hauing some veyne of his breast broken.

TAke Myse dunge, beaten in pouder, as muche, as will lie vpon a grote, and put it into half a glasse full, of the iuice of Plantain, with a litle Suger, and

and so giue the patient drinke therof, in the morynge before his breakefast, and at night before he go to bed. Continuyng this same, you shall make him whole and sounde.

Agaynst the greefe in the Lunges, and spittinge of bloud, a thynge experimented.

TAke an herbe called *Farfara*, or *Tussilago*, of the Apoticaries *Vngula caballina*, Coltes foote in English, the Frenche men call it, *pate de lion*. Incorporate it wel, with the larde of a Hogge, chopped, and a new laied Egge: boyle all together in a panne: and giue the patient of it to eate, doyng this. iv. morynges, and you shall se a meruelous thynge. This is also very good, to make a man fatte.

Agaynst the paine of the flankes, of the reynes, and all other greefes.

TAke three quarters of an vnce of Storar liquida, Capons grease, or Hennes grease, the grease of a Goose, the grease of a Ducke, of eche of theim. v. dragmes, of oyle roset. iiii. dragmes, of redde Mar. ii. dragmes and a halfe, of Butter half a dragme: melt the greases, the oyle, and the Butter altogether, power them together, and mingle them. Than hauyng put to it the Storar, spredde it vpon a linnen cloth, and so laie it hote vpon the place of the greefe, and you shal incontinent se him whole.

¶ *Agaynst the stinkinge of the breath.*

TAke Rosemarie leaues, with the blossomes, if you can get them, and seeth them in white wine, with a litle Myrrhe, Sinamom, and Bengewin: and takyng of the saied wine often times in your mouth, you shall finde a maruelous effect.

¶ *Agaynst the bytyng of a madde dogge, and the rage or madnesse that followeth the man after he is bitten.*

Take

TAke the bloſſomes or flowers of wilde Thiſtels, dried in the ſhadow, and beaten into pouder, giue him drinke of the ſame pouder, in white Wine, halfe a Walnut ſhell full, and in thriſe takynge it, he ſhall be healed: A thynge founde true by experience.

To take a waie the dead fleſh, that commeth or groweth in the noſe.

TAke the iuice of Leekes, that haue not bene twiſe planted, and adde to it a litle greene war, and make an oyntement therof, puttyng to it a litle of the fine pouder of the leeſe of wine, and put often times of this oyntment in the noſe of the patient, and you ſhall ſe a meruelous thyng.

For one, which (with falling from ſome high place) feareth to haue ſome thinge broken in his body.

TAke halfe a glaſſefull of oyle Oliue: and put into it, pouder of the ſeede of Creſſes, the quantitie of halfe a Walnut ſhelfull, than giue it the patient to drinke, at once, or at twiſe. It ſhalbe good to let hym bloud, immediatlie after he is fallen, or as ſoone as is poſſible, and as ſoone as he is let bloud, giue him thys drinke. And he that cannot drinke the oyle, let him take the pouder with wine. If you cannot get the ſeedes of Creſſes, giue him of the pouder of Wene, of the which there is alwaies inough found at ỳ Apoticaries: if he be bruſed or hurt outwardlie, annoynt the ſore place with oyle Roſet, and than lay vpon it, the leaues of *Myrnis*, and of dried Roſes, and ſo ſhall you heale him parfitlie.

A verie good and eaſie remedie, againſt the diſeaſe, called the Kinges euill.

TAke the herbe called *Farfara*, Fole foote in Engliſh, well ſtamped with his rootes, and beynge myngled with the flower of the ſeede of Line or Flare, and the greaſe of a Barrow: make therof a plaiſter, and laie it vpon the ſore, changyng it twiſe a daie,

and

and all the ſores of the diſeaſe, ſhall bee reſolued into ſweate. After thei be healed, waſhe often the place with white wine, by the ſpace of. x. or. xv. daies.

Another remedie againſt the ſame diſeaſe.

TAke the ſtones of a horſe, and put them in a Fier pan, among the embers and coles, leauyng them there, vntill they may be beaten into pouder, than giue the patiente drinke of the ſaied pouder, in white wyne, the quantite of two pennie weight, continuyng this the ſpace of. xxi. daies: by this meanes you ſhall make him caſt out at his mouth, all the ordure and filth of the euill, and ſhall heale him thoroughly.

To know whether a woman, ſhall euer conceiue or not.

TAke of the ruen of a Hare, and hauing frayed and conſumed it, in hote water, giue it the woman to drinke, in the morning at her breakfaſt, than let her ſtande in a hote bathe: and if there come a greefe or payne in her bellie, ſhe maie conceiue: if not, ſhe ſhall neuer conceyue. Coagulum Leporis dela preſſure de lieure.

A verie rare remedie for to take the kernels out of a mannes throte, in fiftie daies at the furtheſt.

TAke the rootes of Walwort, well waſhed, and boyled in white wine, and take alſo, theſe thinges folowyng: Sponge burned half a pound, & two hundred cornes of Peper. Al theſe thynges beyng well beaten into pouder, boyle them, in the ſaied wine, with the Walwort rootes: and hauinge ſodden them wel, poure out the wine, and kepe it in a viol wel ſtopped in ſome moyſt place, than giue the patient of this wine to drinke, three times a day, at euerie time a glaſſeful, that is to ſay, morning, noone, and night. And while he vſeth this, he muſt eate no other breade but Barley breade, and drinke his wyne without water. He muſt alſo abſtayne from eatyng any maner herbes, Fyſh, Garlick, Beetes, or other ſuch like. Thys

maner of regiment, ought a man to begyn, at the full moone, continuyng vntill the ende of the same, and after vntill the quarter encreasynge, of the nexte Moone: that is to saie. xiv. daies, and without doubt the patient shal be healed.

Another remedie, easier to be made.

TAke drie Camomill redact into pouder, & mengled with Honnie, then take in the morning, a sponefull of it, into your mouth, and as muche at night, lettyng it go downe of it selfe: vse this continually, vntill you be healed, vse good gouernemēt as is afore sayde.

A thinge proued, and experimented, to be verie true against the same disease.

TAke *Polipodium* (whiche is an herbe, like vnto Ferne) growyng vpon the stumpe or stocke of a Chestnut tree, if you can get of it: if not, take of the other, and beate it into pouder, giue the patient drinke thereof, with wine or Honnie, twyse a daie, at eche time, as muche as will lie vpon a grote: continue this, by the space of. xxi. daies beginnynge at the quarter decreasyng of the Moone, and keepynge alwaies good diet, as is aboue said, he shall be whole.

To make the skinne stretch and returne agayne into his place, after the kernell is healed.

TAke the knoppes that remaine on the Rose stalke, after the Roses be fallen of (whiche be like beadestones, facioned like an Egge) with the seede that is in them, Alom of the rocke, the flower or blosome of a Pome granade, of eche of these a like quantitie. Seeth them in white Vinaigre, vntill half be consumed, put to it also half as much as al the rest, of *Ros syriacus* or *Rhus*. Which the Apoticaries call *Sumach*, or *Sumach*, stamped, & boyle all agayne, vntill all the Vinaigre be almoste wholy consumed

consumed. And of that which remayneth, annoynt the place rounde aboute: and by that meanes, ye shall cause the skinne to stretche, and come to his place, as it was before.

A verie exquisite remedie agaynst the disease called in Latyne Augina, and in Greeke Synanche, whiche is an inflamation of the Muscle of the inner Gargill, the Frenchmen call it Squinancie, in Englishe Quinsey.

TAke the water of Scabiose, a pounde, of Aqua vite, an vnce, mengle them together, and laye it vpon the sooze, or griefe, and you shall finde the Pacient whole in three houres.

Another agaynst the same disease.

TAke Swallowes, bake them in an ouen, beate them to pouder, and laye them vpon the griefe thorowe the mouth if it be possible: if not you shall entermingle it with Honnye roset, and a litle Flower or Meale, of *Amylum*, & then put it in his mouth, letting it goe downe of it selfe, and you shall see a meruelous thinge.

Another agaynst the same sickenesse.

TAke oyle of Romaine vitriolle, and put two or three droppes of it, in white wine, with the which you shall gargle or washe your mouth and throte often tymes.

A verye good remedye agaynst the kinges euyll.

TAke Ceruse or white Leade well stamped foure vnces, oyle Olyue, eyght vnces, let this boyle together fiue or sixe houres, styring it continually: and when it is waxen or become verye blacke, it is sodden ynough: then spreade it vpon a lynnen cloth, and laye it vnto the place of the sooze: yf the soozes be bro-

hen, they will be healed incontinent: if not, they wyll resolue and leuse, and shortly heale thorowly.

To heale the same disease by a substaunce taken at the mouthe.

DResse a Henne as it were to eate, so that she bee boyled in a great potte or caudron, with a greate deale of water without Salt, letting it boyle vntyll all the bones bee seperated from the flesshe: then take the saied bones and drie them in an ouen, or at the fier, so that they bee not burned or ware blacke, after this beate them well to pouder, and take of the seede of *Sesamum*, beaten well likewise into pouder, & mengle it with the pouder of the Hennes bones, as muche of the one as of the other. And so take a sponefull of the two pouders, and mingle it with Honnye, causing the Patient to eate of it at night when he goeth to bedde, and in the morning when he riseth. This ought to be doen from the beginning of the quarter decreasinge of the Moone vnto the ende: It is a verye excellent secrete. It also happened to me of some men, in whome the sayed disease was so olde and so farre gone that this saied remedie coulde not helpe them, whome I caused to take with the saied pouder specified as foloweth, whiche ought to bee made after this maner. Take a certayne litle Serpent called a Slowe worme: boyle him in oyle Olyue, vntill he bee broken and consumed, then rubbe the euyll with the sayed oyle, and lay pieces of towe vpon it, leauing it so three or foure daies: and after that, make a newe anoynting, and laye tow to it againe as before. By this saied remedie I healed them perfitlye, thankes bee vnto God.

A heauenlye water which hath many goodly and profitable Vertues, as we shall shewe you after.

Take

TAke Cloues, Nutmegges, Ginger, *Zeduaria*, long Pepper, rounde Pepper, the seede of Jenuper, Orenge pilles, the blossomes or floures of Sage, Basyll, Rosemary, Maioram, roūd Mint, Bay berries, Pēnyryall. Gentian, *Calamintha*, the floures of Elder, the flowres of white and redde Roses, Spicknarde, *lignum Aloes*, wilde Cubebes, *Cardamomum*, or graines, whiche the Apoticaries call *Granum paradisi*, fine Cynamom, *Calamum Aromaticum*, *Sticados*, *Chamedrios*, called in Englishe Germander, *Camepitheos*, *Melligeta*, Mastycke, Ensence, of the male kinde, *Aloe epaticum*, Anyse seede, the seede of Maioram, or Maioram gentle, drie figges, drie Raisins, Dates, swete Almondes, kernelles of a Pyneaple, of eche of these an vnce, white Honnie, fire vnces. Then take Suger waiyng asmuch as all the saied composition, and mengle well all together, putting also to it Aqua vite waiyng as muche as all the saied substaunce, but the saied Aqua vite muste bee distilled fiue times thorow a Limbecke, receyuinge alwaies the best: and mingle all the saied thinges together in the saied water: then put all into a violle well stopped, leauing it so the space of two dayes. Then afterwarde you shal sette it vpon the fornesse w̄ his Limbecke and recipient, distillinge it with a smale fier, wherof wil come a cleare and precious water, continue so the fier, vntill the water begin to chaūge his colour, and come forth white: then chaunge the recipient, and receyue the saied white water a part, for it is not good, but for to blaunche and make white the face, and there is neither spotte nor kyntell, or anye kinde of redde burgeons in the face of a man, the whiche, beinge washed with this water by the space of fiftene daies wil not go out, and weare away, leauinge the face and the skynne white, shininge and well sauouringe. This is a verie rare kinde of washinge, and meete for great ladies and princesses. You shall mire the first water whiche is

cleare, with Aqua vite of like quantitie, the whiche is called *Mel balsami*. Nowe hauinge putte and left all these thinges in a violle well stopped, the space of two dayes, set it to distill with a smal fier, then receyue and put the first water by it selfe, whiche will distill verye cleare, and odoriferous. When you see that the water beginneth to come forthe like raine water, chaunge your recipient, and receyue that same likewise by it selfe, vntill you see the thirde water come out, whiche will bee of sanguyne colour, the whiche you shall powre into a violle, and stoppe it well with ware: keepe it diligentlye as a precious thinge: for it hath many notable and excellent vertues, of the whiche the best bee these that folowe. The first is, that if you laye a lytle of it vpon a freshe wounde, there neede no other medicine to cure it. The seconde is, it is good for al old woundes, against the Canker, the wormes, and against *Nolime tangere*, and all other diseases growinge, ye must weate the soore places with it euerie seconde or thirde daye once, and by thys meanes, in the space of fyftene or twentie daies, he or thei shalbe healed. The thirde is, that if anye manne haue a Carbuncle, or Saynct Antonies disease, called commonlye in Italye and in Fraunce, S. Antonies fier, or other pestilencfall sycknesse, and washe the place with the saied water, will it kil it within an houre. The fourth is, it is good against the paine of the eyes, so that the eye bee not out, or lost: if you putte a litle droppe of it into the eye in the morninge, and as muche at nighte, it will heale the paine in fiftene daies. And althoughe it bee somewhat prickyng, yet the griefe of it passeth soone away, so that it can not in any wise hurte the eyes. The fifte is, that if any man haue the stone in the raines of his backe, and in the bladder, & drinke three droppes or a dragme of it with a litle white wine, he shalbe delyuered therof in few daies. The sirte is, that it healeth the Emerawdes or Pyles, if they bee washed with it euerye daye once. The seuenth is, that it healeth all maner of dis-

ease

eaſe or pain of the Matrice & the colick, when a ſponeful is dronke of it with the broth of a henne, or of cabbeges. The eyght is, that when a man batheth the ſhronken and endured ſynowes of the bodie, they ſtretche, and heale in fewe daies. The nynth is, that it healeth runnyng and watrie eyes, when a droppe is put into them in the morning. The tenth is, that it is verie good to heale all maner of ſkabbe, ſkurfe, and other like thinges, waſhing them with it often times. The eleuenth is, that if a man put a droppe of it into his eare at night or in the morninge, it taketh awaie all the grieke and wormes that engender in the eare. The twelfth is, that it healeth all venemous bitinge, when ye waſhe the venemous place with it, and is farre better for ſuch an accident then the triacle is. The thirtenth is, that it killeth all wormes in mannes bodie, if a man rubbe his noſethrelles, or drinke a verie litle of it. And finallie, it is alſo verie good for venemous hurtes or woundes, and for all woundes incurable. It healeth the kinges euill, and the diſeaſe called the fallinge ſickeneſſe, and all other infirmities in the exteriour partes of the bodie, and with this water maye a man waſhe hym ſelfe, or elles drinke it. It is alſo good for euerye colde ſickeneſſe, and reſtoratiue for olde folkes, or thoſe that are conſumed and debilitate with hunger, ſickeneſſe, or ſorow of mind. It conſerueth the radicall moyſture, and naturall heate, it mainteyneth health, and keepeth a man in longe life, who ſo euer vſeth it as it ought to bee vſed.

Pilles of a Meruelous operation and vertu, againſt the Sciatica, which we promiſed to ſpeake of in the chapiter of the Sciatica.

TAke Pilles Alephangines, of Hermodactil maioris and minoris, of eche of them a ſcrupule which is the thyrde part of a dragme. iij. graynes of ſalt *Gemma*, diſſolue and fyre them with the iuyce of roſes, and make of all this ſubſtaunce fyue pylles, and at the beginning

begynninge, when the Sciatica is feruent and greate, you ſhall take of the ſayde fyue pylles euery fower dayes: and when it begynneth to declyne and aſſwage, you ſhall take them onely the fyfte day, than, the fyrt, the ſeuenth, and the eyght daye, vntyll all be done: and take them alwayes in the mornyng at the breake of the day, abſteynynge at the leaſt ſix or ſeuen howres from meat. Nowe, although that the ſayde pylles be not for a man to kepe his chambre, and that they prouoke not to the ſtoole, yet ye muſte not drynke anye whyte wyne, nor water, nor eate anye ſalte thynges, nor anye kynde of pulſe corne, as beanes and peaſon, with ſuch other like nor oynyons, garlyke, or ſuche lyke, yf the diſeaſe be inueterate, olde, or farre gonne.

¶ A notable ſecrete to heale a madde man, be it that the madnes came vnto hym by a whyrlynge, or giddyneſſe of the heade or brayne, or otherwyſe.

Firſts of all make hym fower Glyſters, in fower mornynges, one after another. Let the fyrſte glyſter be ſymple: that is to ſaye, made with water wherin ye haue boyled or ſodden wheat bran, commun oyle, and ſalt. Let the ſeconde be of water ſodden with malowes, mercurye, pellitory of the wal, and violet leaues, with oyle and ſalte. Let the thyrde be of water boyled with oyle, ſalte, ſodden wyne, and honny. And let the fourth glyſter be of the lyke decoction that the thyrde was, adding to it endiue, buglaſſe, and the toppes of the braunches of Wallwort. And after that this decoction is ſtrayned, ye ſhal put to it an vnce of *Caſſia fiſtula*, and halfe a quarter of an vnce of Metridate. Nowe, hauynge giuen him theſe fower glyſters fowre ſondry mornynges, you ſhal geue hym this medecyne. Polipodium of an Oke well ſtamped, a handefull or twayne, and wrynge oute the iuyce of it, and put it in a glaſſe the quantite of two fingers high, puttinge to it two vnces of hony roſet, and a quarter of an vnce of Electuary roſet, and as muche of

vyafe-

dyafenycon. All these thinges beynge wel incorporated together, geue them vnto the patient to drynk at night when he goeth to bedde. ij. or. iij. houres after the sonne sette, and geue it hym luke warme: if in case he wil not take it, bynde hym, and holde hym parforce, make hym open his mouth, put some stycke betwene his teth, and than powre the medecine into his throte, as men do vnto horses. And when he hath taken all, if it be in Wynter, you shall make hym sytte so vpon his bedde half an howre, well couered rounde about, to thintent he take no colde after it: yf it be in Sommer, ye may let hym go aboute the house where he wyll, but se that he go not out. When the medecine hath done his operation, take this oynctment folowynge: that is to saye, a pound and a halfe of the iuyce of the rootes of Walwort, wherunto you shall adde as muche butter: boyle this together a good whyle, vntyll all the iuyce be almost consumed, than put to it oyle of Camomill, oyle roset, oyle of saynt Johns wort, of eche of them an vnce. Incorporate well all these thynges on the fyre, and make therof an oynctment, wherwyth you shall annoynt the patient frome the necke vnto the fete, armes and legges and all: but the oynctment must be hote, and he must be so well annoynted and rubbed that the oinctment may penetrate and perce thorowe. Contynue, doynge this the space of a moneth, annoyntynge hym euery euenyng and mornynge, or at the least once a daye. The thyrde or fourth day after you haue begon to annoynte hym, burne him with a hote yron vpon the seame or ioynynge together of the head, and at the first lay vpon the marke a linnen cloth with barrowes grease, leauynge it so the space of viij. or. x. dayes: and after wrappe a greate Tyche pease in yuy leaues, and put vpon the sayde yuy leaues a pece of the sole of a shoe made fyne and thynne, byndynge it vnder his throte with some bande, or beneth his heade, so that it may bide on, and chaunge it alwayes at night and in the mornynge. If in case he passe forwe monethes and receyue not health, or returne to his wytte, ye

muste begyn agayne to geue hym the same glysters he had before, and the same medecynes, annoyntyng hym as before: and without doubte (by the grace of God) he shalbe hole. He must eate at the begynninge chyckens, mutton, and rost veale: after, you maye gyue hym roste and sodde with pottage of *Amylum*, beetes, and mallowes, and also newe layde egges, puttynge spices in his meate, causynge hym sometyme to eate, (eyther in his pottage or other wyse) betayne, sage, maioram, & mint, not sufferinge hym in any wyse to take salte, sharp, nor aygre thynges, pulse corne, Garlike, Onyons, nor such lyke, ye may geue hym white wyne with water: let him also cary euer about hym some good odours, and heare melodye or musicke: speake oftentymes soberlye and wyselye vnto hym, admonishinge hym to be wyse and sage, rebuke hym of his folye when he doth or speaketh any fonde thynges. And in suche case the auctoritie of some fayer woman auayleth much to tell hym all these thynges, for good admonitions are of great vertue, and strength, for to stablyshe and settle a brayne troubled or dysquieted with any sycknesse or passion.

Pylles of master Mychael a Scot, the whiche heal the greife or payne of the heade, be it inueterate or recent, purge the brayne, claryfye the syghte, cause a man to haue a good memorye, good colour in face, and be also very good for many infyrmities.

TAke of Aloe washed .iij. scrupules, the rootes of wylde gourdes, of al sortes of *Mirabolanes*, of the confection made with Scammony, called *Diagridion*, Mastic, Bay berries, and Roses, of eche of them halfe a dragme, of Saffron a scruple, Myrrhe half a scruple: stampe all well together, and make thereof Pylles with the iuyce of Colewortes, and take three or foure of theim whan you goo to bedde, euery thyrde or fourth daye once.

Agaynst

☞ *Agaynst the payne of wemens breastes, a very excellent remedye.*

TAke the yelkes of two newe layde egges, the weyght of two pence of newe Ware, a lytle oyle rosat, a lytle Nyll, called in latyn *Tutia*, prepared and trymmed in Rose water, set all this on the fyre to melte in a cleane pan, and whan it is colde agayn, spred it vpon a lynnen cloth, and laye it to the sore breastes, but you muste haue fyrste washed the sayde sore places with whyte wyne, wherein hath ben sodden leaues of Roses, Plantayne leaues, and the leaues of an Olyue tree, both greene and drye, and after haupnge wyped and dryed it agayne, laye the playster to it, dressed and prepared as I haue sayde, and incontinent the sore shal be healed.

☞ *To ripe a felon, Cattes heere, botch, byle, or other apostumes or swellinges, whiche haue nede of quicke and sodayne ripinge.*

TAke crommes of breade, Raysins dryed in an Ouen, or otherwyse, and than well stamped, Butter, Hogges suet, Leuen, cowe mylke, and a lytle Saffron. Make of all this an oyntmente and laye it vpon the sore, puttynge fyrst a lytle Saffron in poulder vpon the very place where you wyll haue it breake, and vpon that the playster, leauinge it so vntyll nyght, and chaunge it mornynge and euenyng, so shall you make it soone rype and breake, then dresse it with oyle rosat, and yelkes of egges one whole daye, after that purge awaye the ordurs and fylth with some drawynge oyntment. Fynally you shall laye to it the oyntment of *Aloe* and *Tutia*, or some consolidatiue or healyng oyntmentes.

☞ *To resolue a felon, Cattes heare, byle or botche, at the beginninge.*

TAke a Cytron, or Orenge, and parte hym in the myddes, take a lytle towe in a dyshe, and pysse vpon it: after that presse or wring it in your hand, and put to it a litle commune salte well beaten to poulder, and laye it so hote vpon the sore, puttinge vpon the sayde towe halfe the Citron or Orenge, and so bynd all this with some bande, chaungynge it euenynge and morynge, and incontinente the corrupte matter wyll dissolue.

To make Emplastrum Aureum, which is of a wonderfull vertue for all sortes of woundes.

TAke *Pix greca*, or *Colophonia*, Brymstone, white Encens, as muche of the one as of the other. Let all these thinges be wel stamped, and mixt with the white of egges, than annoynt a piece of parchement with this mixtion, and wrynge the wounde well with your two fyngers to make the bloude come out, lay the sayd parchement vpon it, byndinge it with some lytle band, and the wounde shall shortely be healed. This Secrete had a Chyrurgeon of Naples, and woulde tell it to no man in the worlde, vntyll he hym selfe beynge hurte, commaunded his felowe to make this mixtion, and to lay it to the wounde whiche was in his hande.

Another excellent Secrete, whiche was brought out of India, and is very good for diuers accidentes of mannes body.

CArduus Benedictus eaten, healeth al head ache causeth a good hearinge and memorie, taketh awaye the whyrlynge or gyddinesse of the heade, comforteth the brayne, causeth a good sighte, not onelye whan a man eateth of it, but also whan he rubbeth his eyes with the iuyce, or whan a man putteth the poulder or water of it into his eyes. It purgeth also the stomacke, the throte, and fleume, it bringeth a good appetite, comforteth the brest consumeth reumes and murres, and healeth the payne

in

in the bellye. The wyne of his decoction, and the water whiche is distilled of hym, dryeth vp all euyll humours, and ytches, healeth the splene, and the stone: and when a Glyster is made of it, and of vryne or pysse, it healeth all ventositie, apostumes, & the plage, so that you drink the iuyce, or the poulder of it immediately after ye feele the greife. And yf a man laye of the whyte and roughe cotten that it hath after it is blossomed, vpon any woūd that is not mortall, it wyll heale it in three dayes without payne or greife. The sayde herbe causeth a sweete breath, and when it is eaten, it maketh a man to haue good teeth and goumes, it healeth the disease of the matrice, and cheereth the hart: whan a man maketh a glister of it with the vryne of a man chylde, it healeth the fallyng sicknesse: the stytche or payne of the syde when it is dronken with whyte wine warmed, and with hote water: it healeth all maner of feuers, when a man taketh it fowre houres before the fytte come, but while he sweateth he must be well couered. If the Nauyll of lytle chyldren fall, boyle the sayde herbe in wine, & washe the Nauyll with it: it is also very good agaynst all bytynges of Serpentes, and other poyson.

☞ *Agaynst all maner of coughes, as well inueterate and olde as recent and new, a certayne and sure remedy.*

Good

TAke Brimstone beaten in pouder half an vnce, and putte it in a newe layed egge, softe roste, mengle it wel together: than put to it Bengewine the bignes of a ciche pease, lightly stāped, & drynke it in the morning at your breakefast: make as muche again at night when you goo to bedde, and you shalbe whole at the seconde or thyrde time. But if the cogh haue holden you long, you muste take it so muche the oftner.

☞ *An excellent conserue againste the cogh, and all anguyshe of the brest, whych mundifieth and cleanseth the stomack, and causeth a good voice, and a faire colour in the face.*

TAke the rootes of wilde or marshe Wallowes called of the Apoticaries *Bismalua* or *Maluauiscus*, mundified and made cleane, and cut in smale pieces, well stamped in a morter of stone. Than take some great potte or caudron that holdeth fire or seuen great violles filled with water, & boile in it these things folowinge: Lickerous, Isope, greene or drie Sage, Rosemary, *Carduus benedictus*, figges, drie Raisins, *Amylum* of Barley, or Barley flower, of eche of these thynges at youre discretion, and as muche of the one as of the other: and adde to it more, a handfull of Succorie, wyth hys rootes, lette all thys seeth in the sayde caudron or kettle, the space of an houre, or a houre and a halfe, and then lette it coole againe so that you maye well endure your hande in it. Than take oute all the said substaunces, and putte them in a cleane canuelle, and wring out all the substaunce into the saied water in the kettell: put in it also two or three pounde of the said rootes of *Maluauiscus* stamped, as before, then set it to boyle and seeth againe three howres or more: take it from the fier, and doe as you did at the first time: but if it had so muche sodden that all the rootes were broken and consumed, it shoulde not neede to haue strayned or wronge theim thorowe a canuelle. This doen, take the decoction of it, and set in a potte vpon the fier, with as muche Honnie, or litle lesse, leauing it to boile so faire and softlye, taking away the skomme that shall come of the Honnye. After it hath thus boyled a good space, adde to it an vnce, or as muche as you wyll of Sinamom, and a quarter of an vnce or more of Bengewine stamped, & a litle Muske: then take it immediatly from the fier, and couer it, to the entent it take no vent: specially, if you haue putte in the muske, whiche would elles vanishe awaye with the smoke, wherefore you maye putte in the Muske when the water is luke warme after it is taken of: So shall you haue an excellent conserue to vse and occupie all the winter, as well at night, as in the morning, and at all times when you

list,

list, but you muste at euerye time you take warme it a-gaine, and take thereof. ij. oz. iij. sponefulles at a time. And if you wil haue it thicker, put to it pouder of suger, oz Penides: if you wil haue it clearer, ye must put to it a litle moze of the firste decoction, whiche we haue spo-ken of. This secret is of suche excellencie, that if a man vse of it in the winter, as afoze is saied, it is not possi-ble foz him to bee vered oz turmented with the cogh, rumes, murres, catarres, oz anye other like disease.

A goodlye and pleasaunt secrete to beale the cogh, in rubbynge the soles of the feete: and is a thing verye easye, and certayne.

TAke two oz thzee Garlike heades, well mundi-fied and made cleane, stampe them well, than put to them hogges suet, and stampe them well a newe: and at nighte when you gooe to bedde, warme well the soles of youre feete, and annoynt them well with the saied confection, and then warme them again as hote as you maye endure, rubbing them well a pze-tie spaces: and being a bedde lette your feete bee bounde with some warme linnen clothe, and rubbe also the small of your legges with the saied oyntment, by thys meane you shall bee healed in thzee nightes were the cogh neuer so vehement. If you wyll at youre meales vse of the saied decoction in youre wine, oz otherwise, you shall finde your selfe wel at ease in your stomacke, and head, and shall the better dziue away your cogh, and all other cutil disposition of the bodie.

A verye goodly and easye remedie to beale in a daie or twaine, all maner of inueterate and olde woundes, wherein is growen dead and superfluous flesshe, and woundes that can not bee cured by anye other me-dycynes.

TAke thzee vnces of Turpentine (firste washed in commune water, and then in Rose oz Plan-taine water) and the yolke of an egge, an vnce and

and a halfe of oyle roſet, of Sublimat halfe a dragme: mire all theſe well together, and make thereof a plaiſter and laye it vppon the wounde. And becauſe it draweth ſomwhat, make this defenſife. Take two partes of oyle roſat, halfe a part of vinagre, a litle Boale armenick at your diſcretion, mengle all together, and rubbe within foure or fyue fyngers or mooze rounde about the wounde. And holde not the infected member to farre from the fier, to the entent that whileſt the dead fleſhe is conſuminge and eating awaye, you feele not ſo greate a paine. After that the dead fleſhe is eaten awaye, laye to it a litle bande with butter, and leaue it vpon the wounde a whole daie, and you ſhall ſee a merueylous thynge.

Againſt all maner of peſtilence or plage, be it neuer ſo vehement, a moſte certaine and proued thynge.

TAke an Onion, and cut him ouerthwarte, than make a litle hole in eche piece, the whiche you ſhall fill with fine Triacle, and ſette the pieces together againe as they were before: after this, wrappe them in a weete lynnen clothe, putting it ſo to roſt couered in the embers or aſhes: and when it is roſt ynough, preſſe out all the iuyce of it, and giue the Patient to drinke thereof a ſponefull: immediatly he ſhall feele him ſelfe better, and ſhall without fayle be healed.

A verye good perfume againſt the plage.

TAke Maſticke, Cypres, Encence, Mace, Wormwoode, Myrre, *lignum Aloe*, Muſke, Ambergris, *Timiama*, Nutmegges, Myrtell tree, Baye tree, Roſemarye, Sage, Roſes, Elder, Cloues, Genyper, Rewe, Pytche, and a kynde of rawe Pitche called in Latyne *Raſis*. All theſe thinges ſtamped and mixt together, you ſhall ſet vpon the coles, and ſo perfume the chamber.

Another remedie verie good againſt the plage.

Take

TAke the ripe Berries of a Bay tree, and pille of the blacke skinne that is vppon them, beate them into pouder with a lytle salte, and as soone as a man perceyueth him selfe infected with the plage, and that he beginne to haue a hote feuer, he must take a sponefull of the saied pouder, myrte with a litle vineagre and water, heate it a lytle and drinke it, and then to couer him selfe well, and slepe ynough: so sweating lustily he shall bee incontinent cured. But if the feuer come with a colde, in stede of vinagre, he must take wine, and then dooe all the rest as before: a thinge experimented vpon manye.

☞ *For him that is sicke of the plage.*

TAke white Dittany, Turmentille, white Coral, Gentian, Bolearmenicke, *terra sigillata*, Endiue water, Rue water, Rose water, white Vinagre, water of Scabiose (and the accident commynge vpon him, ye muste make this foure houres.) Take of the saied thinges stamped eche one by it selfe, and put them in some glasse or other vessell, and make of all a drinke at your discretion, makinge that the vinagre mounte in the glasse a litle aboue the other thinges, and let the patient take it hote, and then couer him selfe in bedde vntil he sweate well, and he shalbe cured.

☞ *A merueylous preseruatiue against the plage.*

STake white *Dictamum*, rounde *Aristolochia*, *Crocodilium*, called also *Cardina*, or *Cardua*, Merueyne, Gentian, *Zeduaris*, an herbe called in Latine *pes Milui*, of eche of them two vnces, stampe all this a litle, with a handefull of Rue, than take a violle that holdeth at the least three quartes, and fyll it with the best wine that you can finde, whereinto you shall put all the forsaied thinges, and leaue it so standing in your house: And in daungerous times, take euery morning before you goo out of your house, halfe

a glasse full of the saied wine: but you must haue taken firste a Walnutte, a Figge, and twoo or three litle braunches of Rue. If you doo this in the morninge, you shall bee assured for that daye.

An oyntment to make an apostume breake, and the soore of the plage to fall of.

TAke a quarte and a halfe of common oyle, and sette it on the fyre in some vessell, then putte to it foure vnces of Ceruse or white leade well stamped, litarge of siluer verie fine and thinne, three vnces, common Ware, four vnces, and leaue it so long vpon the fyre, vntill you maye spreade it with youre finger vpon a marble stone. This doen, take it from the fier, and powre a litle vinagre vpon it, but you muste holde it farre of, to the intent it leape not in youre face: than make of this oyntment a plaister, as greate as all the sooze, and make a hole in the middes of it as bigge as a peny: after this, make a litle plaister of some oyntment that mortifieth, of the bignes of ỹ said hole: than make another plaister of the same bignes, the which you shal laie vpon the sooze, so that the plaister with the mortifiyng oyntment bee betwene bothe, and leaue it vpon the sooze thespace of. xxiiij. houres, than chaunge onely the middle plaister, that is to saie: he that mortifieth, and put another in his place, the which you shal also let lie foure and twenty houres: and before that the plaister bee laied rounde aboute and stretched, annoynt the place verie thicke with freshe Hogges suet, or Hennes grease, to mollifie it, and so you shall make it harde in the middle, and rounde aboute you shall make a circle of tender flesshe, in suche sorte that the sooze wyll breake oute and come forth. And the eyght and fourty houres once passed, after you haue taken of the plaister, laye vpon it another plaister made with freshe Hogges grease, and immediatlye will fal of from it a dead flesshe in ma-

ner

ner of a rounde pommell, and there will remayne a hole, the whiche you muſt heale with ſome oyntmente or elles with *Diaculum magnum*: & when the fleſhe beginneth to growe, laye to it burned Alom, by the ſpace of foure and twenty houres, and then the ſaied oyntment vpon it.

✣ *Another remedy agaynſt the plage.*

TAke the toppe of Rue, a garlyke heade, or halfe a quarter of a Walnutte, and a corne of ſalte: eate this euery morninge, continuing ſo a moneth together, and be merry and iocunde. This receipt is alſo good agaynſt wormes.

✣ *Another very good remedy againſt the plage.*

TAke Aqua vite, the water of wyld percelcy, called in Greke *Melliſſophyllon*, *Melyphyllon*, and *Melinon*, and in latin *Apiaſtrum*, and Plantayne water, of eche of them a pounde, and whan you will vſe of it, whiche you ought to do daylye, you ſhall take as muche of thone as of thother, ſo that all together mount to the quantitie of two fingers hygh in a glaſſe, & than drinke it, ſo ſhall you be preſerued and ſaulfe from the plague. This water is alſo good for fiſtules, and woundes, and is well tryed and experimented.

Another perfecte recept agaynſt the plague.

TAke a violle, or ſome other glaſſe, and fyll it vnto the thyrde part full with fyne tryacle, and one thyrdendeale, or thyrde parte with Aqua vite, and the other thyrde part with the vryne of a yonge man childe that is a vyrgyne, and helthfull: myre all well together, and giue the pacient drinke therof three morninges, that is to ſaye, euery morning a glaſſefull. This hath ben proued in Venyſe, the yeare 1504.

¶ *Another agaynſt the plague.*

AS sone as the person fealeth him selfe infected, let hym take the best Triacle he canne finde, and after hauinge swallowed downe a parte of it, let him take of the same the bygnesse of a Chestnut, and lay it vpon the sore that beginneth to rise, rubbinge it well rounde about with the said Triakle. Incontinent after this you muste take a Pygeon, and cut him in the middes quick, fethers and all, lay him to the sore warme as he is, and let him lie on it, vntill that parte of the Pigeon be waren and become grene, and the Triacle redde: then take it of, and you shall see that out of the Pigeon will come a greene water, whiche is all the venim that was in it. Ye must afterward cure the place with this plaister folowinge. Take two partes of freshe Barrowe grease, and one parte of wormewood well stamped, and laye it vpon the sore.

☞ *A thing of tentimes proued and experimented against the plague.*

TAke Mastic two vnces, *Euphorbium* an vnce, Spicknarde. v. vnces, beate this into poulder, and geue it the patient to drinke. If he be vnder. x. yeares of age, geue him a scrupule of it. If he be of yeares frome x. to. xx. halfe a dragme: but if he be aboue. xx. yeares olde, ye shall geue him a dragme, than take the herbe called in Greke *Pentaphilon*, in latine *Quinquefolium*, and in Englishe Cinkfoile, and wrappe it like a round apple in a piece of linnen cloth, layenge it so vnder whote imbers by the space of fowre *Miserere*, and after hauing taken it out againe, cut it in three pieces in the myddle, and laye it vpon the sore or grieke, which you shal cause to cease immediately.

✣ *A preseruatine agaynste the plague, oftentymes proued.*

IN a daungerous time, take. iij. little braunches of Rue, a Walnutte and a figge: eate all this, and you shall

shall be safe.

Another,

TAke the dunge or excremente of a yonge boye betwene ten and.xij. yeares of age, and drie it, and after beat it into poulder: This done, put of it at the most two sponefulles in a glasse of white wine, and geue it the pacient to drinke at the leaste fire houres after the greise taketh him, and the sooner the better. This hath ben founde true in many men.

✣ *Another,*

TAke the iuyce of a white Onyon, Hony, Vynaigre, the iuyce of Rue, and of Saint Johns wort, of eche of them a like quantite, mixe all together, and geue the patient to drinke thereof two thirdendeales of a glasse-full, but let him haue it whote, and before the firt houre after the paine shall haue taken him: This done make him sweate as much as he may in his bedde. This hath ben founde of great perfection, and experimented vpon diuers men.

✣ *In a suspecte tyme of a plage,*

TAke Pulliole or Penitroyall, in latin *Pulegium*, with Sugre roset, and make an electuary, the which you shall vse and eate, in a suspect time of a plague, at your breakefast, the quantitie or bygnes of a Chestnut, this haue men proued, and founde good.

☞ *Another well tried and proued agaynste the pestilence.*

TAke Walnuttes when they be grene, tender, and good to make confitures or preserues, put theim in Vynaigre the space of. viij. dayes, than take them oute againe, and breake theim in pieces, puttynge theim so into a Limbeck without Vinaigre, and stille the water of them, of the which you shall geue the patient drinke euery day halfe a glassefull, and whan he hath dronke

it, let him sweate well in his bedde.

✣ *A very perfyte secrete against the plague.*

TAke an vnce of *Aloe Epatick*, halfe an vnce of Myrrhe halfe an vnce of Saffron: beate into poulder and sifte the *Aloe* and the Myrrhe together, than beate the Saffron in poulder, steepe, and soke it, or washe it with white wyne very stronge, so that it be like a sauce, than put the other poulders to it, and mire well altogether, yf nede be you maye put more wine to it, so much that of all may be made as it were a lumpe, and so pilles. And if you will make it very stronge, for euery vnce put to it halfe an vnce of *Diagridium*, and halfe an vnce of Camphyre. Maister Fraunceſſe Albert toke three eight partes of the sayde Pilles, without *Diagridium*, sokynge and steepinge them in good wine, and gaue them to the patient as sone as he coulde: and so made him sweate muche in his bedde, for by sweatinge the venom dydde resolue.

✣ *Another very good secrete.*

TAke the flowers or blossomes of Walnuttes, and drye them in the shadowe, and whan the Nuttes be in season to confit, you shall cut part of them into small pieces, the whiche you shall put in stronge Vynaigre by the space of three dayes: than take theim oute, and mengle them with the sayde flowers, distilling them thorowe a Limbecke of glasse, or of earth leaded within: kepe this water diligentlye, and whan anye man feeleth him selfe taken or infected with the plage, geue him of it as sone as is possible two vnces and a halfe, or three vnces, and you shall dryue awaye the disease by the course of the belly, or by vomitynge, or elles wyl make the sore or botch to come forth, the whiche you shal make rype and breake, as we haue afore declared.

To

To make a carbuncle, and al other botches, apoſtumes and plague ſoores to breake, a preſent remedye and very eaſy to make.

TAke Baye Salte well beaten into poulder and ſifted, incorporate it with the yelke of an Egge, and laye it vpon the carbuncle or ſore, and be aſſured that (with the grace of God) it wil drawe to it ſelf all the venim and poyſon of the plague or ſoore, ſo that in ſhorte time he ſhall be cured: A remedye oftentymes proued.

A very good remedy agaynſt the markes of the plage, commonly called Goddes markes.

TAke freſhe and greene *Rhaponticam*, which is the herbe and rote called the more and great Centorie: it is named of Pliny (as *Ruellius* writeth) *Rhacoma*, the rotes of the herbe called *Sanguinaria Dactilon*, of ſome *Dens canis*, of Dioſcorides *Coronopus*, that is to ſaye, crowes fote. Some take it to be Dandelion. The rootes of Turmentylle, white *Dictamium*, of eche of theſe an vnce, ſtampe all well, and put it in a pot or vyole, with well, riuer, or cunduyte water, at your diſcretion, rather to muche then to litle, vntyll it paſſe halfe a handfull aboue the other thinges in the potte or more, then let it boyle with a lytle cleare and flaminge fire without ſmoke, vntil it be diminiſhed of the third part, than ſtraine it out ſoftly, and it will be of the colour of wine, kepe it in ſome veſſell of glaſſe, and whan neceſſitie requyreth, you may geue the patient a glaſſefull of it in the morninge, and as muche at night, two houres before ſupper, and it muſt be very hote: than couer him well in his bedde, and make hym ſweate. Whan the markes come forth, he ſhall become like a lazar or leper and ſhall be ſhortly cured.

Agaynſt the mortalitie of the peſtilence, a very perfyt remedie.

Take

TAke Gentian, *Seduaria*, rootes of Turmentille, of eche of them two vnces, redde Sandale, whit and recent *Dictanium* hartes horne burned, white pearles, Bole armenick, rounde *Ariſtolochia*, of eche of theim an vnce, Campher halfe an vnce, white Sugre two vnces, of all theſe thinges well beaten to poulder, you ſhal take at euery time a dragme, with thre vnces of endiue water, or ſorell water, myre the water and the poulder with the bigneſſe of a Walnutte of fine Triacle. You muſt miniſtre this medicine before the ſickneſſe bathe continued with the perſon twelue houres, for it is than ſurer. If in caſe after the twelue houres it worke not ſo well as you woulde haue it, yet muſte you haue a good hope. And if the patient be yet in the age of infancy, you ſhall geue him halfe a dragme of it, with an vnce and a halfe of one of the ſayd waters, and with a like quantitie of Triacle. The ſayde drinke is not ſoluble or laratiue, nor cauſeth no greif to him, but onelye killeth the poyſon. If any man had dronken or eaten anye poiſon, this is a verye good medecine for him: it is alſo good agaynſt a hote feuer or ague. Note alſo that (if it be poſſible) the patient muſte be let bloude before he take the ſayde medecine: if not, let it be done afterwarde, that is to ſay, on the ſame ſyde that he fealeth the greif.

☞ *To make litle rounde apples or balles agaynſt the plage.*

TAke *Laudanum* halfe an vnce, *Storax calamita* an vnce, *Olambre diamuſci*, of eche of theym halfe a dragme, Campher two graynes, Cloues fiftene graines, Nutmegges, Mace, of eche of them halfe an eyghte parte, damaſkine Roſe a ſcrupule, Synamom halfe a dragme, Spicknarde fiftene graynes, Muſke, Ceuet, of eche of them eyghte graynes, fine Violettes halfe a dragme, *lignum Aloes* foure graines, *Calami aromatici* the bigneſſe of a Beane, fine Amber foure graines, Myrre the bigneſſe of a Beane. Stampe firſte the *Laudanum* with a hote peſtell, than ſtampe well the *Storax calamita*

laminta, and all the other thinges eche one by it selfe: and than mixe all together, and stampe it still with a hote pestell, addinge to it at euerye time *Storax liquida*, and Rose water, vntill all the saied thinges bee well incorporated: and than make youre rounde apples or balles.

An oyntment to kill the plage.

TAke Sope makers water, and boyle it vntill it ware or become as it were an oyntment, than take of the woode of Willowe, or Beeche, and burne it: after, quenche the coles in vinagre, and drie them in the shadowe, in suche sorte that a man mays stampe and sift them. Take also quicke lime at youre discretion, and mingle it with the saied Sope water: then take the same pouder vntill you haue ynough, and halfe an vnce of freshe and sweete Hogges grease or seyme: mixe all together, after this dooen, take of lytle greene wormes shininge with a glosse like golde, bred in the toppe of Asshes or Olives, called in Latyne *Cantharide* or *Cantharides* halfe a dragme, beate theym into pouder and mixe theym together, with the rest, making an oyntment somewhat harde: leaue it so in some vessell well closed and stopped, and if there arise anye oyle vpon it, take it of fayre and softlye.

A verie perfite oyle against the plage and all poyson.

TAke oyle of the eldest you can finde, and boyle it the space of an houre, & for euery poũd of the said oyle, put in. l. scorpiõs, or as many as you can get, put all this in a pot vncouered, the which pot you shall set in a kettle or caudron of boylinge water, vntill the thirde part of the oyle or somewhat lesse bee consumed. Than take oute the Scorpions, and powre the oyle thorowe a canuesse into another potte, or violle well stopped, whiche you shall sette in the Sunne the space of two or three monethes: if it bee not in Sommer, set it vpon hote asshes, by the space of three or foure dayes.

But before you set it in the Sunne, or to the fier, as is aboue saied, you shall put to it these thinges following. Rhubarbe twoo vnces, Unicornes horne two vnces, Triacle an vnce, Aqua vite three vnces: and when any man feeleth him selfe infected with the plage, or anye poyson, let him be annoynted with the saied oyle about the harte, and all the pulses: and you shall see a miraculous thinge.

☞ *A meruelous secrete for to preserue a man from the plage: and hath been proued in Englande of all the Phisitions, in that greate and vehement plage, in the yere. 1348. whiche crepte thorow out al the world, and there was neuer man that vsed this secrete, but he was preserued from the plage.*

TAke *Aloe epaticum*, or Cicotrine, fine Synamom, and Myrre, of eche of them three dragmes, Cloues, Mace, *lignum Aloe*, Mastick, Bolearmenicke, of eche of them halfe a dragme. Let all these thynges be well stamped in a cleane morter, then mingle them together, and after keepe theym in some close vessell, and take of it euerye morning two pennye weight, in halfe a glassefull of white wine, with a litle water, and drinke it in the morninge at the dawninge of the daye. And so may you (by the grace of God) goo hardlye into all infection of the ayre and plage.

☞ *A verie sure and perfecte remedye to cure a man of the pestilence, and some there hath been, that haue been cured in a night: the saied remedye is also good for Goddes markes, Carbuncles, Boyles, Botches, and suche lyke sykenesses, as S. Anthonyes fyer, and suche other.*

TAke the seede or berries of Myrre, that groweth on trees or walles, & not of that which is found lowe by the grounde, and you must gather the saied berries verie ripe, and toward the North,

if it bee possible, yf not, take theym as you maye gette theym, although they bee not verye rype: drie theym in the shadowe, and keepe theym in a bore of woode, as a precious thing. And if anye bee infected with the pestilence, take of the saied berries and beate theym to pouder in a cleane morter, and giue the pacient of the saied poulder, in halfe a glassefull of white wine, as much as a man may lay vpon a grote or mooze: than couer him in his bedde, and make him sweate well. This dooen, chaunge his shirte, sheetes, and the other couerynges of his bedde, if it maye bee: if not, lette him at the least chaunge his shyrte and sheetes. Some hauing taken of the saied poulder ouer night, founde them selues in the morning so well, that they rose vp, clothed theym selues, and walked aboute the house: and finally thorowlye cured. I sawe a Mylanoys, the yeare. 1523. in Aleppe, that hadde the plage, and one sooze vnder the thigh, and another vnder the lefte arme: and hauynge taken of the saied poulder in the morninge, and againe at night folowinge, he found that the two saied soozes, brake of theim selues, by the vertue of this so excellent a medicine, sent by the greate clemencie of God the lord almightie. Wherefore I woulde counsaile that in all townes wher a man may haue the commoditie to do it, to haue plantes and settes of Vyne, bee it within the towne or without, to the ende to bee alwayes prouided and furnished of the saied berries, whiche men may gather euerie yeare, and keepe diligentlye for to ayde theym selues in all accidentes and chaunces that maye happen and fall.

A verye goodlye and present remedye for to heale the pestilence, in drawynge out the venym from the botche or soore, or other lyke accident.

TAke a quicke Henne, and plucke the fethers from her arse, and from the place where at she layeth her egges, and set her so, that the saied bare place maye bee vpon the griese, and that she maye as it were

sit vppon the botche or sooze, or the place of the plage, and holde her so a good while. Then you shall see that the saied Henne will haue drawen all (or at the least some) the poyson and infection, and that shortlye after she will die. It shall be good to dooe this with twoo or three or moe Hennes, immediatlye one after another, the whiche will drawe all the venom oute of the sooze. This doen, annoynt the place with good Triacle, and let not in the meane time to vse other remedies by the mouth, whereof we haue spoken here before, that is to saye, the Puy or Baye berryes, or some other remedie, that you finde must redie. If the sooze bee so harde that it will not breake, you maye vse the foresaied remedies to make it breake, to the intent that all the venom may comme out, and voyde from the heart.

☞ *An aduertisement and warnynge of greate importaunce, to preserue a mannes selfe in tyme of pestylence.*

BEcause the euyll humours that be in mannes bodye, do easelye receiue the corruption & infection of the ayer, it is good to kepe the stomacke, and the head cleane purged, not to ouerlade it with eatinge and drinkinge, but to abstein frō grosse meates, to purge him selfe as ofte as is possible, with some gentill and familier purgation, as *Cassia*, pilles, as the pilles of Masticke, of Aloe, or of other suche like thinges, and aboue all, to vse often of the leese of wyne, called Tartre, whiche you must beate well in poulder, and stiepe it with hote water, & than straine it or dreane it fayer and softely out: After warde dric it thorowly, as men do white salt, than kepe the same poulder, and put thre vnces of it with a pounde of sugre roset, and in the morninge take a good sponefull thereof vntill there be an vnce or moze, and do this from day to daye, for it will kepe your body cleane, and purged: and he that can not do it with Sugre roset, let him take the leese stamped, and

and ſtiepe or waſſhe it in the broth of fleſhe or of colewortes, ſturringe it vntill al be leuſed and vndone that may be leuſed, then let it ſtand a while, and after powre ſoftely the broth into a diſhe, caſt awaye the ſubſtances that go to the bottome, and drinke the broath: do this euery daye at the houres of your meales, or at the leaſt euerie ſeconde daye, or whan you ſhall thinke good. It ſhalbe good alſo to eate in youre pottage, thinges that purge the bloude, as Buglaſſe, Borrage, Succorie, Lettyſe, and ſuche lyke: and aboue all not to kepe your ſtomack ouer charged, nor to emptie: and in the morninge betime, to take ſome of the forſaied preſeruatiues, as the poulder that was experimented in England (as we haue recited) or ſuche other like. Than .ii. or .iii. houres before dyner to take ſome of the ſayde other preſeruatiues, as the Rue with a figge, and with the Walnutte, whiche is a thinge very good, or ſome of the ſayd confections, or a piece of the pille of a Cytron conſiate, or a ſponefull of the iuyce of Citrons dreſſed as we wyll declare hereafter, and to vſe of it at meales in maner of a ſaulce, and after meales to vſe of the ſeede of Citrons conſict in Sugre, as they make the Coriander, and Almondes, whiche is a thinge verye good agaynſt all maner of venim and poyſen. And lykewiſe at your meales to eate the white and the inne ſide of a Cytron with a litle ſugre if you wyll, and to eate it with fleſh, or bread (as men eate lemons) in the morninge, at none, and at night when you go to bedde. It ſhuld be alſo very good to bath and waſhe youre handes, youre temples, youre poulſes, and youre noſe with Vinaygre roſet, or with other, wherevnto you muſte put a lytle Campher, roſe water, *Lignum Aloes*, *Xilobalſamum*, if you can gette it, if not, a lytle Sinamom in ſteede of it. It is good alwaies to kepe ſuche maner of Vinaigre beſide you in ſome viole, for to vſe of it whan time ſhall require: for it is a very good preſeruatiue: and if you can not haue the Vinaygre compounde, as is ſayde, vſe Vynaygre of common wyne. Alſo it ſhall be good to cary about you ſome

parfume, or good odour, either in your gloues, shurte, handkercher, cappe, beard, or to hange it aboute your necke, or otherwise. Your house ought to be kepte as cleane and as nete as is possible, not sauorynge of pysse nor other ordure, ye ought to kepe it shut, washinge often the gutters and priuies. Ye muste also kepe as fewe foule and stinckinge clothes in your house as is possible. Riche men ought oftentimes to parfume theyr houses with some notable parfume, wherof we will put in the booke folowing a good nombre. Poore men may make prouision of leaues, and of the woode of a Baye tree, of Rose mary, Jenepar, Cypres, and to vse it as often as they may, burninge it in the myddes of theyr chamber, or house, and principally at night and in the morninge. Likewise of Orenge and lemmon pilles, or other swete smellinge thinges. *Storax calamita*, and *Labdanum*, be good chepe and are very good for this purpose. As concerninge the disposition of courage and minde, ye must consider that sorowe, sadnesse, or melancolie, corrupte the bloude and other humours, weaken the hearte, and deprane & hurte nature, therfore ought a man to auoide them as much as is possible. Also if a man be to merrye or iocunde, it dilateth, and enlargeth the pores and passages of the seede of man, and the harte, so that he is the more enclined to receiue the euyll ayer, and venim, whiche are thinges that penetrate and pearce sore. Also a man must beware of drinkinge to muche wine, for it maketh merry and chereth a man out of measure. Now because that in time of a pestilence euery man is afraid, so that he thinketh that a man can not ketch the disease, in being to merry (onles it be so that he be dronke, as is sayd) but contrarye in beinge to sadde or sorowfull: for sorow & sadnesse come of them selues, not sought after: Therfore it is good to vse temperance, and moderatiō, walkinge and recreating him selfe honestly, not vsing to muche carnall companie or copulation. And aboue all, a man muste haue alwayes a sure hope and confidence in God, euer to bee readye and disposed to dye,

when

when it shall please him to call vs, not estemynge so muche this mundaine life, or fearinge so muche death, whiche is none other thinge than an issue or departinge oute of this life full of calamities, and an entring into an eternal life replenished with all ioye, solace, and pleasure.

☞ *To dresse and order the Iuyce of Cytrons, for to vse of it as is afore sayde.*

TAke the Iuyce of Citrons as muche as you wyl, and put it in a panne leaded within in, than adde to it twoo vnces of skimmed Honnye for euerye pounde of the saied Iuyce, a lytle Sugre after your discretion, a litle Synamom in poulder. Let thys boyle a verie litle while together, and than keepe it and take of it before youre meale, and at youre meales, in steede of sauce, whiche is a verye good remedie, as well for to preserue a man agaynst the infection of the ayre, as to driue it alwaye after he is infected with it. It is also a very good medicine for to take as soone as a man doubteth to haue receyued some poyson into his bodie.

The ende of the fyrste booke.

THE
Secretes of the reuerende Maſter Alexis of Piemont.

THE SECONDE BOKE.

To make oyle Imperiall to parfume the heare or beard of a man, to rubbe his handes or gloues with, and to put alſo into the lye or water wherein princes or great mens clothes be waſhed, and this oyle maye a man make with coſt ynough, and alſo with litle charge and expence.

TAke halfe an vnce of Ambergryſe, which men vſe to parfume withal, and cut it as ſmal as you can, *Styrax calamita*, fatte and gummie. viij. vnces, the whiche alſo you ſhall cut verye ſmall, & put in a viole or glaſſe, with. ij. pounde of Roſe water, ij. pounde of oyle of Damaſke Roſes, fiue cloues lightly or ſlenderlye beaten, halfe a quarter of an vnce of fine Synamom, than hauing wel ſtopt the ſayde veſſell w̄ a little ware, you ſhall wrappe it in ſome linnen cloth, and ſo laye it vnder hote dunge, leauinge it there the ſpace of. viij. dayes: Than after you ſhall poure it into a veſſell leaded within, makinge it ſeeth with a ſmale fyre by the ſpace of. ij. houres, and than takinge it of, let it cole: This done, you ſhall gather, and take vp with a golden or ſyluer ſpone, or with ſome piece of glaſſe, all the oyle that ſhall ſwim aboue, and hauinge put vnto the ſame as muche muſke, and Tyuet as you will, you muſte kepe it in ſome viole, and ſet it ſo in the ſonne certaine dayes, hauinge fyrſte well ſtopped the ſayde viole with ware and parchemente.
Then ſhall you haue a precious lycoure to ſmell vnto, and to comfort the brayne, to withſtand the corruption of the ayre, and therfore very good in time of peſtilence.

And

And the Ambre, *Styrax*, and other thinges that remaine in the bottome of the sayd vessel, that you boyled all in, will be exceedinge good to make muske or swete balles, to laye amonge clothes or linnen, to cary in mens handes, to make beades of, or to burn in a chambre in stede of parfume. Nowe he that wouldе make the sayde oyle with lesse cost, may make it without Muske, or Ambregrise, or els put lesse in it then we haue spoken.

To make oyle of Ben with smal charge, the whiche of it self wyl be odoriferous or swete in sauour, and very excellent, wherof parfumours do vse aptly for to parfume gloues or other thinges with all.

That whiche oure moderne and late parfumours do call Ben, are litle nuttes, whiche the latin men do call *Nax vnguentaria*, the Grekes *Balanos Myrepsca*, or *Myrobalanos*, and the Arabians Ben. Of these little nuttes is taken an oyle, as of swete Almondes and other like thinges. Nowe, this Ben hath two properties, whiche are of great importaunce, and necessary for them that wil parfume. The one is that it hath in it selfe no odoure or sauoure at all, wherefore it chaungeth not, nor diminisheth the sauour of the Muske, or Ambre, which it wold do, if it had any perticuler odoure. The other is, that it is of a longe continuaunce, and corrupteth not, or becommeth almost neuer mouldy or putrified, as al other oyles do in shorte space. The parfumers temper the Muske, and the Ambre ordinarely with this oyle, whan they will parfume gloues, or make other mixtions: but there is one inconuenience, and that is, that the sayde poulders tempered with the sayde oyle, and redacte into paste, are not so pearcing, nor doth the sauour continue so longe, as if they were more penetratiue or pearcing. Wherfore if you will make the sayde composition perfecter, take the sayde little nuttes of Ben, and whan you haue made them cleane, breake theim in foure pieces, and lay them vpon a cleane and fyne sieue or farce: than

take Muſke, Amber, and Ciuet as muche as ye will, in a veſſell ſuche as parfumours vſe, and put to it. iii. or iiii. droppes of fayre water: after this, tempre it with a lyttle roſe water, vntyll it be lyke tender and ſofte paſt: than ſet the veſſell for to parfume and ſmoke vppon the fyre, lyke as men parfume chambers: and ſe that all the fume and ſmoke be receyued thorowe the ſayd nuttes. This done, you ſhal take out of it the oyle which wil be very excellent, as well to vſe alone by it ſelfe, as to parfume gloues, and all other thynges.

To make an odoriferous and ſweete water, very good.

TAke twelue pounde of Damaſke roſe water, Lauander water, Cloues, Synamom, of eche of them a dragme, Mace, great *Cardamomum*, Muſke, Amber, of eche of them halfe a ſcruple, drie Pylles of Citrons, *Sandalum citrinum*, *Ireos*, of eche of them halfe a dragme, Bengewin, *Storax calamita*, of eche a ſcrupule, and of all this make a compoſition, the which you ſhall put in a veſſell of glaſſe well ſtopped, leauinge it ſo by the ſpace of fiftene daies. After warde let it bee diſtilled in *Balneo Marie*, the maner whereof is deſcribed in the firſt booke, and the water that ſhall iſſue oute of it, put in a violle well ſtopt in the Sunne the ſpace of fiftene dayes, and than ſhall you haue a water of greate excellencie.

The ſeconde odoriferous water.

TAke the leaues of Damaſke roſes, the freſhe leaues of Gylleflowres of eche of them a pounde, the flowres of Roſemarye, the flowres of Lauander, the flowres of Jaſemyn, Maioram, Sauourye, Serpyne, or Serpille, called wilde Time, or running Time, which groweth on olde walles, ouer welles and pondes: and in ſome places it ſmelleth like time, and in ſome places lyke to Sauourye, it is called in Latyne *Serpyllus* or *Serpillum*, in Frenche *du Serpolet*, of theſe thre vnces, of drie

Citron

Citron pilles an vnce. After this Synamom, Bengewinc, *Storax calamita*, of eche of thē two dragmes, Nutmegges, *Macaleb*, of eche of theym a dragme: but you muste stampe well the herbes, and bray the spyces wel, then put all together in a earthen potte leaded: and after it hath stande in the Sunne, by the space of twoo dates distille it in *Balneo Marie*. And to the water that issueth out, putte a scrupule of fine Muske, lettinge it stande afterwarde in a violle of glasse well stopped by the space of twentye or thyrtye dayes. Then shall you haue a notable water.

The thyrde sweete water.

TAke fyre pounde of Damaske rose water, a glasse full of Malmsey, three pounde of Damaske rose leaues freshe and newe, Lauander flowres, the flowres of greene Spike, of eche of them foure vnces, the flowres of Chersoyle or Cheruille, flowres of Jasemine, the flowres or blossomes of Olyue trees, of eche of them a pounde and a halfe, the drie flowres or blossomes of Orenge trees three vnces, of the drye pilles of Cytrons foure dragmes, cloues a dragme and a halfe, Synamom, Storax calamita, Bengewyne, of eche of them two scrupules, Nutmegges a scrupule. Let al the saied spices fyrst bee well beaten into poulder, and then put all together into a violle well stopte by the space of ten daies, than after lette all bee dystylled in *Balneo marie*. And to the water that commeth oute, adde Muske, and Amber, of eche of them a scrupule and a halfe. You muste kepe it in the Sunne and in some neate place.

The fourth sweete water.

TAke Cloues well beaten in poulder twoo dragmes, the poulder of *Sandalum citrinum*, and *Macaleb*, of eche of theym a scrupule, ten pounde of Damaske rose water, & the water of the herbe that the Italians call *Soltanella* fower pounde, Lauan-

der water a pounde. Let all this bee lefte together by the ſpace of foure dayes, and then put it in a Limbecke, and diſtell it, vnto this water that commeth of it, lette theſe ſpyces folowing bee put well beaten to poulder, that is to ſaye, Cloues, Synamom, Bengewine, *Storax calamita*, of eche of them halfe a dragme: and then again diſtill it in *Balneo Marie*. Finallye you ſhall put to it Muſke, and Amber, in all, halfe a ſcrupule, and let the water bee kept in a violle, or other veſſell of glaſſe well ſtopte.

☞ *The fyfte ſweete water.*

TAke folwer pounde of Damaſke roſe water, Lauender water, Spike water, of eche of them thre vnces, the water of bloſſomes of Lymons, or Orenges, the water of the bloſſomes Myrtell of a tree, bloſſomes of Jaſemin, of Maioram, of eche of theym halfe a pounde, Bengewyne, *Storax calamita* of eche a dragme, Muſke halfe a ſcrupule. Mengle well all togeather, and keepe it in violles well ſtopte fyre dayes. Then diſtille it in *Balneo Marie*, and keepe the water in a veſſell of glaſſe, by the ſpace of fiftene dayes in the Sunne, and afterwarde reſerue it for to ſerue youre tourne, when you wyll occupie it.

☞ *The ſyxte odoriferous water.*

TAke freſhe flowres of Roſemarye twoo pounde, Amber a ſcrupule, three pounde of the flowres of Orenges, Lemons and Citrons, all confuſely together, whiche the Frenche men call *eau de naphe*, leaue all together in ſome veſſell well ſtoppte tenne dayes. Then the water being diſtilled in *Balneo Marie*, lette it bee kepte in a violle of glaſſe verie cloſe and ſtopped.

☞ *The ſeuenth ſweete water.*

TAke of the forſaied water of Naphe, foure poũd, Damaſke roſe water, twoo pounde, with halfe a ſcrupule of Amber. All theſe thinges being wel

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mixed together, and putte in a violle of glasse well stopte, leaue theym in the Sunne by the space of a moneth, and then keepe theym to occupie at youre pleasure.

☞ *The eyght odoriferous water.*

TAke fowre pounde of Damaske rose water, wyth fiue vnces of Lauender water, the flowres of Jasemyn three pounde, with half a scrupule of fyne Muske. Keepe wel all this together in a vessell wel stopt, by the space of tenne dayes: and after distill it in *Balneo Marie*, vntil al bee come out. Then kepe it in a violle of glasse, for youre vse when you shall occupie it, and you shall finde it a merueylous water.

☞ *The nynth sweete water.*

TAke the pilles of Orenges, and of greene Citrons of eche of them halfe an vnce, Cloues a scrupule, the flowres of Spike newelye gathered fiue vnces. All these thinges muste bee mixte together as afore is said, with fiue pounde of Damaske rose water: and after they haue stande certaine daies in some couered vessell, you muste styll theym in *Balneo Marie*. And the water that shall come of it will bee very excellent.

☞ *The tenth odoriferous water.*

TAke twoo pounde of the leaues of Damaske roses, Macaleb halfe a dragme, halfe a scrupule of good Amber: and hauing first beaten that whiche is needefull, sette all vpon hote ymbers twoo or three daies: but before you distille it, you muste let it steepe ten dayes, in ten pounde of the water of Damaske roses, and so than distill it in *Balneo Marie*. The water of it muste afterwarde bee kept in the Sunne the space of fiftene daies.

☞ *Oyle of Orenges verie excellent.*

TAke a pounde of swete Almondes well pilled, the flowers of Limons or Orenges, asmuche as you will, the which you shall deuide into three equall

partes: After this you ſhall laye the thirde parte of the ſame flowers abroade vpon a very white linnen clothe in a ſieue, ſtrowinge alſo abroade vpon thoſe flowers halfe of the ſayde Almondes, the whiche you ſhall couer with another thirde parte of the ſayde flowers: And than the reſt of the ſayde Almondes, the which you ſhall couer finally with the reſte of your flowres, ſo that the Almondes may euermore be in ỹ myddle of the flowres in the ſaid ſieue, & ſo leaue them together by the ſpace of fiue dayes, renewinge and chaunginge euery daye the flowres, and than the Almondes. This done, you ſhall beate the Almondes in a morter, and preſſe them in a fayre white lynnen cloth, in a preſſour, vntyl there iſſue out a very cleare oyle, whervnto you ſhall adde a lyttle Ciuet, Muſke, and Bengewine. Afterwarde leaue it in the ſonne eight dayes, in ſome veſſell well ſtopped.

Oyle of Iaſemine, and of violettes.

TAke ſweete Almondes well pilled and brayed, the flowers of Iaſemyn as much as you wil, and layeng them ranke vpon ranke, you ſhal leaue them in ſome moyſte place ten dayes together or more, than take them awaye, and preſſe out the oyle in a preſſoure: the vertue of the which oyle ſerueth for diuers thinges. In the like maner maye you haue oyle of Violetes, and other flowres.

Oyle of Nutmegges very parfyt.

TAke Nutmegges, of the beſt you can finde, and accordinge to the quantitie of the oyle that you wyll haue: and hauinge cut them in ſmall pieces, you ſhall put to them as much Malmſey as will couer them ouer in ſome veſſell of glaſſe or other, leauinge theim ſo the ſpace of three dayes. Than take them out and ſet them to drye in ſome cleane place, by the ſpace of two dayes. Finally heate them at the fyre, ſprinklinge them with roſe water: Than preſſe theim as is before mentioned, in a preſſour, and you ſhal haue

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out of them an excellente oyle good for manye thinges, whiche muſt be kept in ſome cleane veſſell well ſtopte.

Oyle of Bengewyne very excellent.

TAke ſixe vnces of Bengewyne, wel beaten into poulder, the which you ſhal let diſſolue a whole day in oyle of Tartre, and Roſe water, of eche a pounde: and than with a cloſe pipe ye ſhall diſtill it thorowe a Limbecke, and ſo keepe it as a thynge moſt excellent.

Oyle of Storax very excellent.

IN like maner is made oyle of *Storax*. Take *Storax liquida*, what quantitie you wyl, and put it in Roſe water two or three dayes, thē dyſtill it as the Bengewin was in the maner aboueſayde. Fyrſte there iſſueth oute water, and then a very excellent and precious oyle.

Oyle of Myrrhe, good for them that haue their fleſſhe full of humours, and carraine leane, for to make it tractable, quicke, naturall, and ſtronge.

TAke Egges harde rofted, and cut theim in the mides, take awaye the yelke, and fyll them vp with Myrrhe beaten into poulder, and put thē in ſome moiſte place, where the ſayde Myrrhe may diſſolue into oyle, by little and little. This oyle maketh not onely the face or other partes of the body ſofte and tractable, but alſo taketh awaye all Cycatrices and ſkarres.

The maner to make that oyles ſhall neuer waxe mouldy, nor putrifie.

TAke for euery pounde of oyle two graynes of ſalte, one graine of the filing of copper or braſſe, as much roche Alom as ſalte, and boyle all the ſayd thinges a lytle together in *Balneo marie*: than ſtraine it out, and let it ſtande eyght dayes in the Sonne. And than kepe ſuch oyle as longe as you will, and feare not, for it will ne-

uer

uer diminiſhe, putrifye, nor corrupt.

Poulder of Iris.

TAke *Iris* electe, what quantitie you will, and after you haue wel beaten it into poulder, ſiepe it, and temper it alſo well with Roſe water, and laye it than abrode vpon a ſieue couered. This done, take *Storax calamita*, and Bengewyn, of eche of theim halfe an vnce, beate them well into poulder, and make therof an infuſion into a glaſſe of Roſe water, & hauynge poured it vnder the ſaid ſieue wel coucred rounde about, ye ſhal afterward ſeeth it vpon the embers. And ſo the *Iris* warynge cleane and dry, receiueth the parfume of the other ſubſtaunces. This poulder will be excellent to geue an odoure vnto clothes or garmentes, & all other thinges.

Poulder of Violettes.

TAke *Iris*, knoppes of Roſes, of eche a pound, pilles of Cytrons drye. iiii. vnces, Gylleflowers, *Sandalum citrinum*, drye Lauender, Coliander, of eche of them two vnces, Nutmigges an vnce, Maioram dryed, *Storax calamita*, of eche of them an vnce and a halfe, Bengewyn electe fiue vnces. Beate to poulder and ſift finely all the ſayde thinges, and the poulder ſhal be made: the whiche you ſhall kepe in a viole of glaſſe, well ſtopt that it take no vent.

A whyte poulder to put in litle bagges.

TAke *Sandalum Citrinum* a quarter of an vnce, poulder of the beſt Bengewin that may be gotten, *Iris*, of eche of them an vnce, and boile them in Roſe water inough: than take burned Alom and well ſifted twelue vnces, let it lye in the ſayde water and make pilles, or litle balles flatte at both endes, of the biggeneſſe of peaſon or biggar, the whiche yon ſhall dryc in the ſhadowe: and afterwarde beate theim in to poulder, and ſyft them again, and than it is made. But if you will haue it muſked, take Ambre and Muſk,

of

eche of them. xviiii. graines, Ciuet. xviij. graines, & mixing al this together, fil w̄ it lyttle bagges of linen cloth Tafeta, or other sylk, the which you maye laye among clothes, or other garmentes, a thinge verye excellente.

Poulder of Cypres.

TAke a litle herbe that groweth and is found vpon the stocke or stumpe of Walnuttes or Okes, whiche is lyke little beare, and muste be gathered in Januarye and Februarye, when the wether is drye, drye it, and than washe it with fayre riuer or well water, and drie it ones agayne in the shadowe, and hauing washed it so thrce or foure times, you shall put it in rose water by the space of an houre: After beat it into poulder verye small and syfte it, but the sieue whereon you muste strowe the sayde poulder must be alwayes sprynkled a litle with rose water, coueringe it well, to thintent it take no maner of vent: And after this you must parfume it with these thinges folowing, that is to say: with *Benge wyn*, *Storax calamita*, of eche of them two vnces, of the swete parfume called *Thymiama*, a dramme, Lauander half a dragme, *Lignū Aloe*, a quarter of an vnce. Beat eche thing by it self grossely, & than mingle them together, and deuide them into four partes, wherof one part must be set vpō the furnis in a vessel within ẏ sieue leuing it ther til it be al consumed, & do so w̄ all the. iiii. parts, vntyl al the pouder of ẏ sayd parfume be burned. But you muste take heede that the panne, dysh, or other vessell, wherein the saide poulders shall be put for to be brent, be set vnder the sieue, wher your poulder is, and that the sieue be well couered, that nothinge vent out, so that the poulder in the sieue may receiue all the sayde parfume. Than after take an vnce of the sayd poulder, and intermire with it by lytle and litle, fire graynes of Cyuet, and. xvi. graines of fine Muske, wel beaten together in poulder. This poulder muste be kept in a viole or other vessell of glasse very close, to thentent it take no vent, and muste also be set in a drie place. This is the most excellent poulder that a man can make. It is very

true that out of Cipres and the east partes men bringe to Venise certaine rounde balles of a yelowe colour, whiche they call *Butri*, of an Ile nigh vnto *Candy*, called *Butra*, and say that it is Ore dunge taken vp in Maye, and diuers times sprinkled and watred with rose water than dried, and finallye made in to rounde balles, the whiche the parfumers do braye, and without any more parfuminge them in a sieue, they adde vnto it Bengewyne, Muske, and Ciuette, more or lesse, accordynge as they wyll make it good.

Vvhite musked Sope.

TAke Sope scraped or grated, as much as you will the whiche (when ye haue well stieped and tempered in rose water) leaue it eight dais in the sunne: Than you shall adde to it an vnce of the water or milk of *Macaleb*, twelue graines of Muske, and fire graines of Ciuet, and reducinge all the whole into the fourme and maner of harde past, you shall make therof very excellent balles.

Another kinde of odoriferous white Sope.

TAke Venise Sope of the eldest you can finde, the whiche you shall cutte or scrape with a knife, and sette it three dayes in the Sonne: And after hauinge well brayed it, you shal dissolue it in a vessell leaded within, with a pounde of good rose water, lettinge it boyle with a small fire, than you shall put to it of the roote of *Iris*, called *Ireos*, beaten into poulder. iiij. vnces, *Amylum* fire vnces, whyte Sandale two vnces, *Storax liquida* an vnce, Oyle of Spike an vnce, and sturringe it alwayes with a sticke, ye shall afterwarde let it coole againe. And finally make balles of it, euen as you wil.

To make Damaskine sope musked.

TAke a pounde of the best Sope you can gette, and after hauing grated or skraped it verie smal, take fine Synamom, Nutmegges, *Storax calamita*, of

eche of them an vnce, *lignum Aloes* two dragmes, Benge-wine perfite and thorowlye made two vnces, the poulder of Violettes an vnce. Hauing beaten well to poulder all these foresaied thinges, you shal adde vnto them a dragme of the poulder of Cypres, a lytle Muske, and Ciuet: then steepe and temper it in Rose water, and after leaue it fourtie daies in the Sunne, in mouing and sturring it often times. Than make balles of it, or lytle rounde loues, the whiche you muste keepe in boxes of woode with cotton, wolle or bombase.

☞*To get out the milke of Macaleb.*

Because the vse of the mylke of Macaleb hath been putte in manye compositions, as we haue saied, we will teache you the maner howe to get it out, which shall be this. Take the Macaleb, whiche are litle soote and odoriferous graynes so called, the whiche you shall stampe in a morter, with Rose water, or some other sweete water, vntill they bee lyke a sauce, and hauing put them in a poke of linnen clothe, you shall presse the milke out of theim in a pressoure, or betwene two lytle bourdes. Then braye agayne, with the sayed water, that whiche shall remaine in the poke, and presse it a newe, vntill there issue no mooze milke. But here I muste aduertise you, that this milke continueth not aboue two or three dayes: therefore you must immediatlye put it in effect and occupie it.

☞*Poulder of Ciuet verye exquisite.*

TAke Sugre candye what quantitie you list, and put it in a brasen morter: and after you haue wel beaten it, adde to it as muche Ciuet as you wyll: and make thereof poulder, the whiche you muste keepe alwayes close.

☞*A principall poulder.*

TAke Damaſkene Roſes, Cipre Alexandrin, *Sandalum citrinum*, of eche of theym an vnce, *Iris* halfe an vnce, *lignum Aloes*, *Calamus aromaticus*, *Galanga* Bengewine, of eche of theym a grayne and a quarter, you ſhall make of all thys a verie fyne poulder, and incorporate it well, keeppnge in a violle well ſtopped.

☞ *A white odoriferous poulder.*

TAke *Iris* eleate three vnces, white Sandall twoo vnces, Damaſke roſes, *Lignum Aloes*, Bengewyn, Cypre alexandrine, of eche of theym twoo vnces, Muſke foure graynes, Ciuet three graynes: beate theym a parte, and ſifte theym: then incorporate them together in the ſame braſen morter, that you dyd beate them in, and keepe the poulder of them in a violle well ſtopped.

☞ *A redde poulder.*

TAke Damaſke roſes twoo vnces, *Sandalium citrinum* an vnce, *lignum Aloes*, Cypre alexandryn, of eche of them a grayne and halfe a quarter, *Iris* halfe a grayne or more, Cloues a ſcrupule, fine Muſke three graynes, Ciuet two graines, Amber twoo graines. Bray theim and mixe them together, and ſo keepe them.

☞ *A blacke poulder.*

TAke *Cipri Alexandrini*, *lignum Aloes*, of eche of theym halfe an vnce, *Sandali citrini*, Damaſke roſes, *Labdani terreni*, of eche of theim a quarter, Cloues a grayne, and a lytle more, Muſke three graines, Cyuet twoo graynes, beate theym in poulder and kepe theym.

☞ *Poulder of Cypre verye exquiſite.*

TAke a pounde of the moſſe of an Oke, and waſhe it well in faier water, vntill the water remayne cleare: then laye it abrode vpon a table in the Sunne,

Sunne vntill it bee dried: after, sprinkle or water it, with rose water: and hauinge it lefte it so coucred in a dishe or platter, you shall laye it a brode agayne in a verie hote Sunne, when it is drie ynough to beate, beate it in poulder, and sifte it finelye almoste all: You shall sprinkele or water this poulder, with Muske rose water, and laye it abroade vppon a greate sarce, tourned downewarde, good and thicke, and some what course, vnder the whiche sarce, you shall make a perfume as foloweth, coueringe it with a clothe, whiche bee thus: Bengewine two graynes and a quarter, *Labdani* half a graine and more, *Storax calamita* twoo carrettes, *lignum Aloes* halfe a grayne and more, fine Muske half a grain. Beate all these thinges grossely, and after mire them together, then put by lytle and lytle the poulder vnder the sarce in some potte sharde, with a litle fier in it, and caste it in as you woulde dooe Frankencese, stayeng at euerie time, vntill the first parte, first cast in, bee consumed. Nowe, all the saied perfume beinge dooen, if you will make the saied poulder verie fine and exquisite, vnto euerye vnce adde these thinges folowinge, Bengewine a carret, Muske foure graines, Ciuet twoo graines, beate these by theym selues verie small and fyne, and mingle them with the saied vnce of poulder, so that all maye bee well incorporated together: than keepe it well, for it is notable and singuler.

☞ *Another waye to make it verie perfecte.*

TAke the recente and freshe dunge of an Ore, and drie it in the Sunne, or in an ouen, then beate it, and sifte it, sprinkle it well after with Rose water, and leauing it so in a vessel, the space of a daye, drie it agayne in the Sunne. And when it is drie, bathe it againe with Rosewater, and drie it againe, and dooe so three or foure times. The last time you shall water it or bathe it somewhat more then the other times, because it maye cleaue to the bottome of

the veſſell, whiche muſte bee well leaded within, and verie cleane, after this you ſhall remoue and ſturre it well, and perfume it with ſome perfume, that the other forſayed poulder was perfumed with. Then hauinge perfumed it diuers times, you ſhall lette it drie in the ſaied veſſell, takinge heede alſo that it take no vent. And after it is wel dried ſtampe it, and ſift it a newe agayne, and then keepe it in ſome violle: and if you wyll make it verie fine, take an vnce of the ſaied poulder, three graines of fyne Muſke, foure graines and a halfe of Bengewine, twoo graines of Cyuet, braye and incorporate all well together, and keepe it.

A ſweete and odoriferous poulder, verie excellent to laye in cheſtes and cofers.

TAke the buddes of Roſes as many as you wyll, and drie them in the ſhadow: than ſet theim abroade whan the ſonne is moſt hoteſt in a clene veſſell, puttinge to theim ſuche a quantitie of Roſe water as will beare them vp, and ſturrynge them well, leaue them in the Sunne (couered with a linnen cloth) vntyll it be hote. And whan they be drye, & haue dronke vp all the roſe water, take for euerye pounde of Roſes, ten graines of Muſke, and a quarter of fine violettes beaten ſmal into poulder, in puttinge to them by litle and litle of the ſayde poulder, and miringe well all together, vntill they beginne to be incorporated: but before you put in the ſaide poulder, drayne and powre out the water of the ſayd veſſel, that there remayne not a droppe in the bottome. This done, laye the ſayd roſes abroade in a baſen of copper, or of braſſe, whiche is better, and let the ſayde baſin be plaine and euen, not inbolled, and ſet them in the Sunne when it ſhyneth moſt hoteſt, coueringe them ouer, ſo that neuertheleſſe they may drie, than make a poulder of them, and kepe it.
And if you wil geue a ſwete odour or ſauour vnto your garmentes, take the ſaid Roſes ſo dried before you beat them in poulder, and put thē in ſome lytle linen bagge

very

very fine, the whiche you may laye in youre coffers, or where your apparell lyeth.

An odoriferous and swete poulder.

TAke the buddes of redde Roses, and braie them in a morter, as thoughe you woulde haue the iuyce out of them, than set them in a hote Sunne, sprinklinge them with Rose water, and so water them and drie them againe oftentimes, and than make of them a poulder, the whiche you shal parfume with the poulder of Cypre, as the other aforesayd, and kepe it in a vyole.

Oyle of Bengewyne.

TAke Bengewine as much as you will, and lay it vnder a dungehill in a violle or glasse well stopped (so that it take no vente) by the space of fiftene or twentye dayes: Than strayne it, and kepe it in a viole, for it is a singuler and deintie oyle.

A very good and odoriferous poulder, to carrye aboute a man, or to lay in coffers.

TAke fourtene vnces of roses newly dried, fine cloues, twoo dragmes, the seede of Spyke a dragme, *Storax*, halfe an vnce, fine Synamom halfe a dragme. Braye them, and kepe them in a violle well stopped, you maye also put to them (if you wil) two graynes of fyne Musk, *Ligni Aloes* halfe a dragme.

Balles agaynst the pestilence or plage, whiche also geue an odour vnto all thinges.

TAke *Storax*, one part, *Ladani* one parte, cloues halfe a parte, Campher at your discretion, but lesse then of anye of the other substaunces, of Spikenarde a good quantite, and of Nutmegges also, of all this make paste with Rose water, in the whiche you shal tēper Gomme dragant, and Gomme Arabike, stirringe and brusyng them well. Of this past you shall make balles to holde in your handes, and to smell to.

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A princely licour.

TAke Muſke, Ambergriſe, Cinette, of eche of theim foure graynes, braye all together, and incorporate it with a lytle oyle of ſwete Almondes, and make therof a licoure, whiche you ſhall kepe in a veſſell of yuorye well ſtopped, and vſe of it as you vſe Ciuet.

Liquide and ſofte Sope of Naples.

TAke ſtronge lie, with two partes of the aſſhes of the wood of the tree called in latine *Cerrus*, which is a kind of tre like to a poplar, hauing a ſtreight longe ſtem bearinge a kinde of maſte, roughe without like a Cheſtin, and one parte of quicke lime, and make it ſo ſtronge that it may beare a newe laide egge ſwimminge betwene two waters. Take eighte potfulles of this lie very hote, a potfull of deeres greaſe or ſuet well ſtrained cleane: mingle them and ſet theim on the fyre, but ſee that they ſeeth not. Put all in a greate veſſell leaded within hauinge a large bottome, leauinge it in Sommer in the Sunne, and ſyringe it foure or fyue times a daye with a ſticke, and note that you muſte ſet it in the day time in the ſunne, and the night time in the ayre abroade, ſo that it raine not, continuinge thus the ſpace of eight daies. Let it ware as firme and as harde as you will, ſo that it remain neuertheleſſe in the forme of paſt, and the older it is, the better it wil be. Than afterwarde take of this maſſe or paſt, as much as you wil and put it in a veſſell leaded, ſyringe it well with a ſticke, and adde to the ſame as muche fine Muſkte Roſe water as you will: kepe it eyghte dayes in the Sonne, ſyringe it from time to time, as is aforeſaide: and if it ware to harde, put Roſe water to it, in ſuch quantitie, that it be neither to harde nor to ſoft, and fill as manye litle bores with all, as you will.

To make the ſayde Sope muſked.

TAke fine Muſke as muche as you liſte, beate it well in a braſen morter, putting to it Roſe water ſomewha

what warme, and hauinge mired them well together, put them in the veſſell where youre Sope is, mengling them well together, and let them ſtande a while, and than fill litle bores with it at your pleaſure.

A very excellent paſte and ſwete, made with Muſke, whiche eaten cauſeth a ſwete breath.

TAke Gomme dragant ſtieped and tempered in Roſe water, vntill it be ſoft & white, make therof as it were paſte, & take of it the bygneſſe of a Haſel nut, dray it in a braſen morter, puttinge to it a little poulder of good Sugre, and halfe a graine of fine Muſke, ſtieped and tempered in Roſe water, mire all well together. And if you wil haue it better, put to it more Muſke and Sugre, and than as muche Mace beaten in poulder as will lye vpon a pennye, and mire it agayne well together, than put to it a little of the meale or flower of *Amylum* beaten into poulder: but it were better to putte in redde Sandal, wel broken in ſonder, indifferently, and to put it in by litle and lytle, ſo muche that a man maye make of it conuenient paſte, the whiche you ſhall cutte after your fantaſye, and drye it in the ſhadowe. And yf you will haue it of diuers coloures, adde to it ſuche coloures well grounde as you pleaſe. Prouided that they be colours, wherein there is no poyſon or daunger: you may alſo gylte or couer with ſyluer the ſayde pieces, as men do confitures, and they wyll be verye good and of the beſt makinge.

Another very excellent.

TAke Gomme Arabike. v. vnces, fine Sugre. iiij. vnces. *Amylum*. iij. vnces, and for eche vnce of theſe foreſayde thinges. x. graines of fine Muſk whiche will mounte in the whole to a hundred and twenty graynes, and than it wyll be perfit.

Dentifrices or rubbers for the teeth of great perfection, for to make them cleane.

TAke poulder of redde Coꝛall. iiii. vnces, of the ſhardes of Galleye pottes two vnces, of cuttle bone an vnce, of a Pumeyſe ſtone an vnce, cloues, Synamom, and Paſticke of eche of them a dꝛagme, Perles ſtamped halfe an vnce, Dꝛagons bloud an vnce, fine Muſke. iii. graynes, ſtampe wel the whole and ſyft it thoꝛow a ſarce, than mengle it well together and incoꝛpoꝛate it with Gomme dꝛagant tempered and ſtieped in Roſe water, make all into dowe oꝛ paſte, and make therof thinges to rubbe your teeth with, to make them white, wherwith you ſhall not onely make theim very fayꝛe, but alſo pꝛeſerue them from putrifaction.

Oyle of Bengewin odoriferous.

PAt a pounde of Bengewin well beaten in poulder, into ſome ſhoꝛte and wyde veſſell, ſo that you may put in your hand, than put to it two pounde of Roſe water, and mixe all well together, and ſo couer it with a Limbecke oꝛ ſtillitoꝛy of glaſſe, well bounde with a linnen cloth, and al the ioyntes and ſides well ſtopt. Giue it at the firſte a litle fyꝛe, vntill all the water be dꝛawen out (and this is the water that we ſpake of befoꝛe,) and afterwarde encreaſe your fyꝛe by litle and litle, and thē you ſhal ſe the oyle come out, and incontinent ſet vnder another cleane recipiente to receiue the oyle, and make vnder it a great fyꝛe, to the intent that all the oyle may come out, the whiche being all diſtilled, there wyl come furth a certayne Gomme, like vnto Manna, the whiche wyll be verye good to keepe. And whan you will make ſwete oꝛ odoꝛiferous water, take a violle full of cleane well water, and put into it a lytle of the ſayd Gomme, and it wyll make it ſmell ſwete, but you muſte ſtyꝛre it well. If you will haue it better, take Roſe water, and not well water.

Oyle of Storax calamita.

Take

TAke *storax calamita* as muche as you will, with such a quantitie of Rose water as pleaseth you, and put it in a large potte, not closinge the ioyntes or sydes, but let the Limbecke be a litle at one side, to the intente it maye take ayre, and alter not the fire, but kepe it accordinge as you shall se shalbe nedeful. And whan the oyle commeth, chaunge the recipient, and than make a greater fyre, and receiue the oyle, and kepe it, for it is a singuler and deynty thinge.

To make oyle of Labdanum.

TAke fine *Labdanum*, and mundifie it wel, and do with it as you did with the Bengewine: But if you will haue it otherwise, you maye take as muche as you will of it, and hauinge broken it in small pieces, putte it weete into a vessell of brasse, puttinge to it a pounde of Rose water, and halfe a pounde of the oyle of swete Almondes, couer well the vessell with his couer, and stoppe it with linnen cloutes plaistered ouer with claye or other matter, settynge it so to drye: than afterwarde set it vpon a lyttle fyre that it may boyle fayer and softely two or thre houres. This done, you shall take it from the fyre, and let it cole before you vncouer it, than take it quickely out, and put it in a vyole. And (to the ende to preserue it the better) put to it a lytle roche Alom burned, or elles a lytle Ambergryse. And when you wyll put it in the vyole, you muste put it in as cleare as is possible.

Oyle of Nutmegges.

TAke what quantitie of Nutmegges you wyll, the whiche well broken into pieces in a morter, you shall putte it in a large or wyde vessell, powrynge vpon them a little Aqua vite, so that the Nutmegges maye be thoroughlye wette. Let them stande so two or thre dayes, in styrringe them sometyme, and turninge

them vpſyde downe, and ſee that the ſayde veſſell be well ſtopped, then adde to it as muche Roſe water as will be aboue the Nutmegges, two or three fingers highe, and couer them with the Limbecke, cloſinge it well. Diſtill them at the firſte with a ſmall fyre, vntyll all the water be come out: than chaunge the recipient, and augment the fyre, ſo muche, till you cauſe the oyle to diſtille out, and whan you ſee that all is almoſt come furth, make your fire very great, and kepe the ſaid oyle in a violle.

Another maner.

TAke a pounde of Nutmegges, the whiche beynge well broken in pieces, you muſt put in a newe veſſell of earth well leaded within, than powre vpō them Malmeſey, or ſome other wine, vntill they be all couered, and that the wine be aboue the Nuttes twoo fingers high: After this you ſhall put to it at the leaſte two pounde of freſhe butter, and mingle all together, ſtoppinge or coueringe well the veſſell, and leaue it in the heate of the Sunne in ſome panne, or in ſome other hote place, by the ſpace of four or fiue dayes, than boile it vpon the hote coles with a ſmall fyre, vntyll the wine be conſumed, than powre it thorowe a newe courſe linnen cloth before it be coole. This done, ſet the oyle certaine dayes in the Sunne, in a violle of glaſſe, vntyll the thicke ſubſtaunce be deſcended to the bottome: Finally powre it ſo agayne thorough a newe courſe lynnen clothe, and putte it in another vyolle, and ſoo kepe it.

A very exquiſyte ſope, made of diuers thinges.

TAke *Aluminis catini* thre vnces, quicke lyme one part ſtronge lye that will beare an egge ſwimminge betwene two waters, thre pottels, a pot of commun oyle: mengle all well together, puttinge to it the white of an Egge well beaten, and a dyſſhefull of the meale or flourc of *Amylum*, and an vnce of Romayne Vitrioll,

or

or redde leade well beaten into poulder, and mire it continuallye for the ſpace of three houres, then lette it ſtande, by the ſpace of a daye, and it will bee righte and perfite. Finallye, take it oute, and cutte it in pieces: after ſette it to drie two daies, in the wynde, but not in the ſunne. Occupie alwaies of this ſope, when you will waſhe youre head, for it is verie holſome, and maketh faier heare.

☞*Sope with Cyuet.*

TAke of the ſaied Sope as muche as you wyll, and ſet it a while in the Sunne in Roſe water, putting to it the poulder of Cyuette, and miringe it well. And if you adde to it alſo Muſke, it will bee the better, ſo that the Muſke haue been before ſteeped and temperd in roſe water.

☞*Sope with diuers ſweete and excellent oyles.*

TAke of the foreſaied Sope, whiche hath ſtande a while in the Sunne in Roſe water, and put to it a lytle of the oyle of Bengewine, or of ſome other odoriferous oyle, and mire it well: but you muſte putte in of the oyles reaſonablie, neither to muche nor to lyttle, but with diſcretion, accordinge to the quantitie of the Sope.

☞*Sope roſat.*

TAke freſhe and recent roſes wel ſtamped, and incorporate them with the ſaid Sope, as before, the whiche you maye alſo dode at youre pleaſure of all other ſortes of flowres.

☞*White Sope of a good ſauour and odour.*

HAuing cutte, after the maner of Damaſco, in ſmall pieces the oldeſt Sope that is poſſible to bee founde, you ſhall laye it abrode vpon a table, in a place where it maye drie, than hauinge lefte it

there, the ſpace of eyght and xx. dayes, you muſt after warde ſtampe it lightlye or ſlenderlye, and make therof poulder: and the ſame being ſifted, you ſhal adde to it foure vnces of *Ireos*, vppon tenne pounde of the ſayed poulder, white Sandall three vnces, two vnces of Macaleb, an vnce of the meale or flowre of *Amylum*, and all well beaten into poulder, you ſhall mixe it with tenne pounde of the poulder of the aforeſaide Sope: then all beinge ioyned together, you ſhall putte it in a morter, with an vnce of *Storax liquida* and a walnut ſhelfull of the oyle of Spike, and hauinge well ſtamped it altogether, it ſhall bee made. Then afterwarde make balles or ſquare cakes of it, as you wyll, with the meale or flowre of *Amylum*: then drie in the ſhadowe, and keepe them, for it is a thinge verie excellent.

Perfect ſope.

TAke fyre graynes of Muſke tempered and ſteeped in good Roſe water, foure graines of Ciuet, reduced and beaten into poulder, and mingle them with the ſaied Sope, but the tempered or ſteeped Muſke, muſte bee hote, and by this meanes you ſhall haue a verie perfect Sope.

Whole and maſſy blacke ſope.

TAke tenne pounde of the ſaied poulder of Sope well ſifted, cloues foure vnces, of good Mace twoo vnces, damaſke Macaleb, *Cyperus* whiche the Apoticaries call *Iuncus odoratus*, *Sandali Citrini*, *Storax liquida*, of eche of theym an vnce, ſweete oyle as muche as ſhall ſuffiſe: and hauing ſtamped that whiche oughte to bee ſtamped, make of it as is aboue ſaied. But if you will haue it more ſinguler, putte to it Muſke tempered in Roſe water, as afore, with a lytle Ciuet, after incorporate well all together, and make thereof balles or ſquare cakes, or hartes, or ſuche other formes, as you luſte to make youre ſelfe: then dry them in the ſhadowe: and ſo ſhall you finde them of a ſinguier good

ler good odour and sauour.

☞ *Damaske parfume.*

TAke fyne Muske foure gaynes, Cyuet two graynes, Ambergris, fine Sugre, of eche of them foure graynes, Bengewine a grayne, of fatte *Storax calamita* three graines, *lignum Aloes* twoo graines: beate them well into poulder, and putte all together in a litle parfuminge panne, powre into it as muche Rose water, or the water of the flowres of Orenges, Citrons, and Lemons, all together, as will bee twoo fingers highe aboue the other drooges, in makinge vnder it a small fier that it maye not boyle, and when the water is consumed, you shall powre in other: and hauing continued thus doinge a certaine number of daies, you shall haue an excellent Sope.

☞ *Another parfume of Damaske.*

TAke *Storax calamita*, foure vnces, Bengewyne foure vnces, *Labdanum lignum Aloes* Synamon, of eche of theym an vnce, *Sperma Ceti*, a dragme, Muske foure scrupules, cloues, a dragme, Rose water eyght vnces, stampe them, and putte them in the parfuming panne.

☞ *An excellent pomander.*

TAke. xvi. or. xx. Pepins, or other swete & melow apples, ỹ which beinge pared and cut in quarters, you shall adde to euerye quarter fowre or fyre Cloues, then put them in some vessell of earthe well leaded within, with as muche Rose water, as wyll couer them ouer. Then couer them with a trenchour, or some other cleane thinge lettinge them so stande one whole daye. And after powre them all in some newe vessell well leaded, putting to it foure pounde of freshe hogges suet, well taken from the fleshe and skynne cut verie

verie small, and well chopped with a knife: make vnder it a small fier that it burne not, than in straining it out, you shall make it droppe into some vessell of freshe and cleare water, and so purifie the grease three or foure daies, keping it in the same vessell, and chaunginge often times a daye the saied water: for the oftener you chaunge it, the better you shall purge the grease.

Than take out the saied seyme, the apples and the rose water together, and take the fatte oute of the vessell, dreaninge it well, and adding to it Spikenarde, with twoo vnces of Cloues, an vnce of Synamom, a quarter of *sandalum citrinum*, an vnce of Bengewyne, and as muche of *storax calamita*. Braye all these kindes together, and put it in a fine linnen clothe, in maner of litle purses: but let the cloth bee somewhat large, and binde it wel that the sayd kinds scatter not abrode among the grease. Then make it boyle with a litle fier, far of from the flame or leyt, or set before it some tyle or bricke letting it boyle so faire and softlye, foure or fire houres, vntill all the rose water bee vanished awaye, whiche may bee proued in this maner. Put a lytle sticke downe to the bottom of the vessell, and plucke it oute agayne quickelye, and put it in the fier: and if it burne without anye noyse, it is a token that there is no mooze water: but tarie vntyll it bee all well consumed, sturringe it sometime, to the entent it burne not to, or smell of the burning. Beware also of the smoke, for if it take once ỹ sauour of it, you can neuer get it out, & when all is wel sodden, take eyghte vnces of white Ware, and put it in the saied vessell, miringe all together, and let it so melt with the saied substaunces, the whiche you must nowe and then sturre. This dooen take it from the fier, letting it stande and rest a quarter of an houre, that is to saie: vntill the grosse substaunce bee descended to the bottome: then powre it faier and softlye thorowe twoo newe course linnen clothes, into a vessell well leaded within, wherein musse bee twoo dishefull of Rose water: but take heed of pressinge it, so that the lees come

not

not oute into the same vessell (but into another) for it woulde be somewhat red. Let it so coole vntill the nexte morninge, and whan it is solide, harde, and massy, deuide it into foure partes, and put it into a round vessell leaded, stirringe it well with a pestle, addinge to it by lytle and litle good and fyne Muskte rose water, and so styre it vntyll it be well incorporated. Nowe, if in case you se that it doth not well incorporate together, set it a lytle vpon the fyre, and whan it is hote, powre rose water vpon it, sturringe it well about, vntill it ware verye fine and thinne, but take good hede to the fyre. And so kepe it in newe and cleane vessels.

Another Pomaunder.

TAke Pippins or other like melowe Apples, and laye them vpon a tyle for to bake in an Ouen, thē take out the core and the kernels, and make them cleane within, brayenge and breakinge the reste, and straine it thorough a fyne canuesse or straynour. This done, take as much fat or grease of a kidde as you haue Apples, and straine it likewise, boylinge it all together in a newe vessell well leaded, vntill the rose water be consumed: than adde to it Muske, Cloues, Nutmegges and such like substaunces of a reasonable quantitie, according to your discretion: prouided alwayes that they be well brayed and broken in pieces, as is aboue saied, and boyle them in the like maner aforesaied, then strain them and kepe them.

Another Pomaunder.

TAke fresh barowes grease & put it in a new vessel, with rose water vnderneth, & whiles it melteth in the same, you shal take out that which is melted, to thend it smell not of the fyre, than put it in cold water the space of .x. dales, raising, and lifting it vp euery day .ix. or .x. times, & styrring it at eche time chaunginge alwayes the water. Than take of the saied Apples, & purifie them cleane of their kernels, cuttinge

them in quarters not pared: this doen, laye them thre daies to stiepe in Muskt rose water: take also fiftene Cloues stieped a daye in colde water often tymes renewed, and putting them after in a fine linnen cloth, boilinge them in rose water with a small fire, the space of an houre: than hauinge well scommed away all the ordure and filthe, put in thre vnces of white Ware, and make it seeth a little, and after straine it into a newe vessell well leaded, leauing it so all a night. This done, you shal take out al the white Pomaunder, and because there wil remaine a litle ordure in the bottom, you shal put it in a morter with rose water, & styre it: the more you do seuer it a sonder in styringe it, and put rose water to it, the more shall you fine it: but you must se that the morter be cleane. Than take the tallowe or greace of a younge barrowe, and stiepe it in colde water, leauinge it so the space of foure daies, but you muste often chaunge the water, and purifie the saied greace well of all the little skinnes that is in it, veynes, and gristels. Take likewise twenty of the foresaied Apples, and for eche Apple put in thre or foure Cloues, and hauing deuided the Apples in four quarters cores and all, stampe them a lytle. Than take the sayd tallowe or greace and put it in fine rose water, vntyll the sayde water be consumed, and after you haue boiled it fayre and softly, put in the saied Apples stamped, and make them boile, adding to it a litle fine Synamom, Spiknard, Nutmegs, and other spices, such as you thinke good. And whan it hath boiled inough, straine it thorow a linen cloth, into some cleane vessell. It shuld be wel done to put to it a litle talues tallow wel purified in the maner aforesaied. And whan it is sodden and strained, mixe all togethers and put it in a cleane vessel, it is a very exquisite thing.

Excellent Ipocras.

TAke an vnce of Synamom, of Ginger. ij. dragms Melligetta thre dragmes, Cloues two deniers, Nutmegges, Galanga, of eche of them a denier, stampe

ſtampe all, and put it in a ielley bagge or ſtrainer, than take a pint of the beſt redde or white wine you can get, or a pint of good Malmeſey or other ſtronge wine, mire well all togethers, than take a pounde of Sugre fined, and hauinge ſtamped it, put it into the other wyne, and ſo poure it vpon the ſtrainoure, wherin you dyd put the ſayd wine with the ſpices, than hauinge taken it oute, you muſte poure it on agayne, ſo often vntyll it become as cleare as it was before, ſtyrringe it ſometime in the ſtrayner or bagge: and here note that this is to make but a flagon full. Wherefore, if you will haue more, you muſte take a greater quantitie of the ſayd thinges. And for to make it verye excellente, you maye bynde a lyttle Muſke in a fine linnen clothe at the ende of the ſtrayner, ſo that all the ſubſtaunce maye paſſe ouer and vpon it, the which by that meane wil receiue the odour and ſent of the ſayde Muſke.

☞ *To make litle cuſſhins of parfumed Roſes.*

TAke buddes of redde Roſes, their heades and toppes cut awaye, drie theim in the ſhadowe vpon a table, or a linnen cloth: water & ſprinkle the ſaid buddes with Roſe water, and let theim drie, doing this fiue or ſixe times, turning them alwais to thende they ware not vinewed or mouldy: than take the poulder of Cipre, Muſke and Amber made into poulder, accordinge as you would make them excellent, for the more you put in of it, the better they ſhall be: put to it alſo *Lignum Aloes*, well beaten in poulder. Let the ſaid poulder be put with the buddes wete w̄ roſe water Muſkt, mixing wel the buddes together with the poulder, to thend that al may be well incorporated, & ſo ſhall you leaue them ſo al a night, couering them w̄ ſome linnen cloth or Taffeta, that the Muſke may not breath or riſe out. The whiche thinge done, take finallye lyttle bagges of Taffeta, of what bigneſſe you wil, and according to the quantitie of the buddes that you would put

amonge all the poulder. Than cloſe vp the bagges, and for to ſtoppe vp the ſeames, you muſt haue your mixtion of Muſke, Amber, and Ciuette, made as it were to ceare with, wherewith you ſhall rubbe all a longe the ſeames, to ſtoppe the holes made with the needle in ſowynge: You maye alſo ſowe ſome ribande (of golde, or ſylke, or of what you will) ouer the ſaied ſeames. Theſe be the beſt that a man can make: and (as I haue ſayed) the more Muſk, Amber, Ciuet, and Aloe you put in, the better they will be. If you will make theim with leſſe coſte, take ſuche buddes as are ſpoken of before, prepared and ordered in the ſame ſort, and in ſteede of Muſke and Amber, put in the poulder of Cloues, Synamom, *Irios*, and a litle Mace, obſeruinge ſuche a maner of parfuminge the buddes, as before.

Matches or litle lightes of a very good odour.

TAke of Campher an vnce, of white encens two vnces, beate them into poulder, and make thereof litle rounde Apples, or balles with a litle ware, than put them in a veſſell with roſe water, and lyghte them with a candell, and they wyll geue a fayre lyghte, and a very good ſauour.

A compoſition of Muſke, Ciuet, and Ambergriſe.

TAke a dragme and a half of good Amber, and bray it vppon a Porphyre ſtone with oyle of Jaſemin, fyrſt alone, and than a litle with Muſke, as much as ſhall ſuffiſe. This doen, adde to it Damaſke roſes, and Bengewin, of ethe of them an vnce, *Irios* a dragme and a halfe: All theſe thinges beaten in poulder, and ſtrayned or ſyfted, you ſhall braye with a dragme of Ciuette, vntil they be brought into the fourme and maner of an oynctment. This done, kepe it in a Horne, or veſſell of glaſſe well cloſed.

☞ *A parfume for a Chaumber very excellent.*

Take

TAke *Storax Calamita*, Bengewine, *Ligni Aloes*, of eche of them an vnce, coales of Willow well braten into poulder. v. vnces. These thinges mired with Aquauite, as much as will suffise to make paste, make therof litle cakes, or other formes what you wil, and so kepe them. And whan you will vse or occupie of it, put it into the fire, for in consumyng, litle and litle, it will make a singuler good odour in the place where you burne it.

Sope of Naples.

TAke Deares grease, or the Tallow of a Cowe, or yonge Calfe, or of a kidde a pounde, put it in a vessell of earth well leaded: and after you haue well strayned it, put vpon it, with discretion to much nor to litle, of Sope makers lie, the first, best, and strongest of three sortes that they vse, called the maister lie, and kepe the saied grease in the heate of the Sunne, mixynge it well there, and like wise in the night abyde in the ayer: but take hede that there come no water to it. Whan you se that it is somewhat drie, put to it againe as muche as shall neede of the seconde and thirde lie, mired together which Sope makers vse: Rubbe a litle vpon your hand beyng cleane, and if it make a frothe, it is a token it is made.

Parfume for a Lampe.

TAke *Ligni Aloes* a quarter, Begewine an vnce, *Storax calamita* half an vnce, Muske a scruple, Ambergreese halfe a scruple, Rose water inoughe. You shall putte all these thynges well beaten to poulder into the Lampe.

A shorte parfume.

TAke a glassefull of Rose water, Cloues well beaten in poulder, a penny weight: than take the fire panne, and make it redde hote in the fire, and put theron of the saied Rose water with the sayd poulder of

Cloues, making it so consume, by litle and litle, but the rose water must bee muskt, and so you shal make a parfume of excellent good odour.

☞ *An odoriferous parfume for chambers.*

TAke *Thymiama* a pounde, *Storax liquida* twoo vnces, *Storax calamita* three vnces, *Labdanum* an vnce, coales of Willowe and *Tracagantum* asmuche as you wyll: but stiepe or temper the poulder of the coales, and the *Tracagantum* with rose water, and let it lie so three daies a stiepe in the same water, and then make therof paste.

☞ *A verie good parfume for to trimme gloues with litle cost, and yet will continue longe.*

FIrst let the gloues bee greate, and of good thicke leather, to the which you shall gyue a little Ciuet all alonge the seames: Than washe them in rose water, twise or thryse, pressing theym harde: this doen, take twoo partes of rose water, one parte of the water of the blossoms of Mirtell tree, mingle them together: addinge to it two partes of the water of the flowres of Orenges, Lemons, & Citrons, called of the Frēchmen, *can de nafe*, and washe them so long therwith, that they sauour no mooze of the leather: then laye theym in a platter, and leaue them there couered with the saied water, & pouldered ouer with the poulder of Cypres, by the space of a day or twaine. This dooen, take them out, and presse them a litle, and so drie them in the shadowe. When they bee half drie, geue them a litle Ciuet in this wise: put asmuche Ciuet as you shall thinke good in a dishe, with a litle oyle of Jasemyne, that is not olde, the whiche you shall make to dissolue before the fier: than annoynt therewith the gloues within side, and rub them wel betweene your handes chafing them at the fier, vntil you thinke that the ciuet be perced and gone thorow them, and leaue them so a while. Then after rub them wel with a clothe, to the ende the Ciuet maye perce the better

better, and the gloues ware soft: then draw and stretch them out abrode, leauing them so the space of a dai, and when you shall thinke they be humyde and moyste, enlarge them, and blowe them, and puffe them vp: leaue them so vntil thei bee halfe dried. Than take good parfume to burne, & holde them ouer the smoke of the saied parfume, to the ende that it maye perce and go into the inner partes of the gloues, and parfume them within side. This shall you dooe thrise a daye, the space of. xx. daies, weating them at eche time with a litle parfumed water, & wrappinge them with some white linen cloth: than take Muske, and Amber as much as you wyl, and put it in a tinne platter, with oyle of Iasemine, or Benge wine, or some other oyle: let them well dissolue at the fier, with a litle perfumed water, than annoynte them with a pensell on the out side, and not within: annoynt also the seames with Ciuet, and lay them certein daies among dried roses. Finally, lay them for the space of. iy. or. iiy. daies betwene two matresses: than wil they bee excellent, as if it were to present an emperour withall.

☞ A verye exquisite Ciuet to parfume gloues, and to annoynt a mans handes with.

TAke three pounde of white wine, the tallowe or grease of a Bote, shepe, or kidde, a pound: boyle all together with a small fier vpon the embres or coales, in a couered panne, than take them from the fier, and when it is coole againe, putte them in a platter with cleare water, and washe them well fiue or sixe tymes: and put them againe in cleare water all a night. This doon, take a pounde of rose water: twoo pound of white wine: & with this boile the grease vpon the coales with a smal fier, vntil one half be consumed: than take swete Nauewes, & rost them vnder the ashes, but burne them not. And for eche pound of grease, take halfe a pound of the inner white of the saied Nauewes, and boyle it in rose water, the space of halfe an houre, than

than strayne it, and put it into a morter with oyle of Jasemin, or of Citrons or such like, or els with a litle Cãpher: After this you shall take a dishe or the bottome or foote of a glasse, wet within with Rosewater, wherin you shall make the forme and facion of the Cluette, addyng to it first of all three vnces of Ceruse, well beaten in poulder for euery pounde of tallow or grease, and it will be an excellent and princely thing.

Oyle of Roses and floures, very parfit.

TAke the seede of Millons well mundified and stãped, and laye them by rankes or by beddes, with the flowres of Roses, by the space of. viii. daies, then take a litle linnen bagge wette in Rose water, or in the water of other flowres, in the whiche bagge you shall put the seede: and hauyng well bounde it, put it in a presse, and presse oute the oyle, whiche will be very precious, and the which you must kepe alwaies close.

Oyle of Cloues very noble.

TAke Almondes mondified and made cleane with a knife, and broken in pieces, stiepe or temper theym in Rose water, than dresse them in this maner. Take Cloues stamped, and temper or lay theim in Rose water, & couer the vessell diligently, leauyng them so vntil the water haue taken the vertue of the Cloues: put also the Almondes in the said water, and leaue them ther vntil they be swollen w̃ the water. And after you haue taken them out and dried them in the Sunne, lay them in the water againe to swell, and afterwarde let theim drie well as before, continuyng thus. v. or. vi. times: Then put them in a presse, and presse out the oyle, whiche you shall kepe in a cleane vessell well stopped. In this maner may you make oyle of Muske, of Amber, of Bengewin, of *Storax calimita*, of Aloe, of Synamom, of Mace, and of Nutmegges. You may make them also in diuers sortes, and put to them Aqua vite.

To

To make an excellent parfume to parfume Chambers, garmentes, Couerlettes, Sheetes, and al other thinges, belonginge to any Prince.

TAke pilles of Citrons dried in the shadowe, and if you can not get of Citrons, take of Lemons, or Orenges, or if you can get none of these, take the leaues of Roses either greene or dryed, accordinge to the season of the yeare: and whatsoeuer is of al these thinges abouesaid, you must occupy it whole or by small pieces, and not in poulder. And whan you will make the parfume, take of the sayd pieces as much or as many as you wyll, and annoynte them well with Ciuette on euery side: after laye them vpon some coles in the middes of the Chamber, or some corner, as you lyke, this will geue a verye pleasaunte and precious odoure thorowoute all the Chaumber. If you will yet make it better, you may put with the Ciuette, Muske, and Ambergrise, as muche as you will: and if you desire to make it with lesse coste, and yet neuertheleste very good, take Rose water of the flowres of Orenges, or suche other odoriferous and swete water, with Oyle of Jasemin, or of Cloues, or suche lyke at your pleasure, with the which you shall temper and steepe *Storax calamita*, and a little *Lignum Aloes*, yf you haue anye, if not, you shall do well inough without it: adde to it as much Ciuette as you will, and make a licoure therof as thick as sauice, wherewith you shall annoynte the Citron or Orenge pilles: than laye them so vpon the coles, and it will be an excellente thinge, and continue twise as longe as it woulde do, if you burned the odours without the pilles, and besides that it maketh the parfume to dure longer, they make also the composition farre better and perfecter. If with the sayde parfume you would parfume lynnen clothes, Sheetes, or other like thinges, make it in this maner. Put the lynen, and thinges that you wyll haue parfumed, in a coser, that hath no chinckes, clifftes, chappes, creftes, holes, or is broken,

wherby the ſmoke may haue iſſue out. You muſt range and laye your linnen and other thinges on eche ſyde of the cofer, leauinge a place in the myddle to ſette a lyttle panne, or other veſſell with fyre in it, and the ſaid pilles to parfume theym, you maye alſo laye clothes vpon the lyde of the cofer. This done, you muſt ſet in the middle the lyttle veſſell with coales, and alſo the pilles: and hauinge ſhutte the cofer, you muſte let all the parfume burne out, not openinge the cofer of longe tyme after. And hauinge thus tarried, open the cofer, and tourne youre linnen and other thinges, to the ende to parfume them on the other ſide that is not parfumed, and put in newe parfume, doinge as before, you ſhall finde this of a greate excellencie, ſo that the cofer it ſelfe ſhall be ſo well parfumed with it, that all that you putte afterwarde in it, ſhall ſauoure of it. And if you will, you maye alſo parfume in the ſayde cofer other lytle coffers for handkerchers, and other thinges, as lyttle cuſhyns, and bagges of Roſes, whiche are parfumed alſo with oute ſyde, beynge kepte in the cofers, for they geue alwayes an odoure and ſauoure to thinges that you put in them.

☞ *Rounde apples or balles to take oute ſpottes of oyle or greaſe.*

TAke purgine Sope, or ſoft Sope, and incorporate it with the aſſhes of vines finelie ſifted, as much of the one as of the other, than put amonge the ſaied, pouider Roche Alome burned, and the dryeleeſe of wyne well beaten into pouider, incorporate well all together, and make therof lyttle round Apples or balles: whiche you maye vſe to take oute ſpottes of any garmente.

☞ *To make a paſte for ſweete Beades or Beadeſtones.*

Take

TAke a pounde and a halfe of blacke earth well beaten into poulder, foure vnces of Gomme dragant, and laye it a ſtiepe, or temper it in a morter, with as muche Roſe water as wil couer the earth with the ſated Gomme dragant, and ſtampe it well by the ſpace of halfe an houre, with theſe ſweete thinges folowinge. That is to ſaye: *Storax calamita*, an vnce, poulder of Cloues halfe an vnce, *Labdanum*, halfe an vnce, Cynamom halfe an vnce, *Sandalum Citrinum*, halfe an vnce: beate all into poulder verye finelye, and myxe all together with the foreſated paſte, than take it oute of the morter, and braye it wel betwene your handes, by the ſpace of halfe an houre. And than you maye make thereof Beades or Beadeſtones.

☞ The ende of the ſeconde booke.

THE
Secretes of the reuerende Maſter Alexis of Piemount.

THE THIRDE BOKE.

A goodlie ſecrete for to condite or confyte Orenges, Citrons, and all other fruytes in ſyrop, whiche is a notable thinge.

Take Cytrons, or other fruites, and cut them in pieces as you wil, taking out of them the tuyce or ſubſtaunce that is within them: than boyle them in freſhe water aboute halfe an houre, vntil they be tender, and as ſoft as you would haue them. And whan you haue taken thē out, caſt them in cold water, leuing them ſo vntil night. After this you ſhall ſet them againe to the fire in other freſh water, and do but onely heat it in that water with a ſmall fyre, for it muſt not ſeeth, nor be to hote: but let it onely ſimper a litle, youſhal continue thus. viij. dates together, heatinge them euerye day in hote water, and puttinge them agayne at nighte in colde water. Some heat the water but once a day, to thend not to make the citrons to tender, but chaunge the freſh water at night to take out al the bitternes of the pilles, the whiche beinge taken away, you muſt take ſugre, or clarified hony and prepared (as we wil declare afterward) wherin you muſt put the citrons, hauing firſt well dried them from the water. In winter you muſt kepe them from ỹ froſt, leauing them two or thre houres in a place mete for the purpoſe: and in Somer you ſhal leaue them there all a night, and a day, and a night in honye. Than boyle the hony or ſugre againe by it ſelf, without the Orenges or Citrons, by the ſpace of halfe an houre or ſomewhat leſſe, with a ſmall fyre, and beinge cooled, ſet it agayne to the fire with ỹ Citrons, continuing ſo. ỹ. mornynges

to

to the ende to bring the honny to hys perfection, according as neede shall requier. If you will putte honnye in the water, and not Sugre, you may clarifie it twise, and straine it throwe a strainer, according to the arte and maner, that hereafter I will teche you, to the ende you may haue perfitelye the vse and facion of makinge all suche thinges. Nowe, hauinge thus warmed and clarified it, you shall strayne it, and set it againe on the fier, with the Citrons onely, makinge it to boyle with a smal fier, the space of a quarter of an houre: than take it from the fier, and let it stande and rest, at euery time you dooe it, a daye and a night. The next morning you shal boyle it againe together, the space of half an houre, and dooe so twoo mornynges, to the ende that the Honnie or Sugre maye well and perfitlye bee incorporated with the Cytrons. All the arte and conninge consisteth in boylinge this syroppe together with the Cytrons, and also the syrope by it selfe. Wherefore he that hath no skyll in the boyling of it, will quickelye lette it take the smoke, so that it shall sauour of the fier: but he that can trimme it wel, it is an exquisite and pleasaunt thing. In this maner maye al other fruites bee dressed: as ripe Peaches with the in side and skinne, Lemons, Orenges, Appeles, greene Walnuttes, Lettuse, well made cleane, and voyded of their greate leanes, and other thinges like, all the whiche you muste boyle, as is aforesayed: but some more some lesse, after as nede shal bee, and according to the nature of the fruite. So shall you make alwaies a good perfite, and durable thinge.

The maner howe to purifie and prepare honnye and Sugre for to confite Cytrons and all other fruites.

TAke euery time tenne pounde of Hony, the white of twelue newe layed egges, and take awaye the froth of them, beating them well together with a sticke, and fiue glasses of faier and freshe water: then put them into the Honnye, and boyle them in a potte with a moderate fier, the space of a quarter of an houre, or somwhat

leſſe, than take theim faire and ſoftelye frome the fier, ſcumming them well, and paſſe them ſo hote thorowe a ſtrainer: for it ſhall be the fairer, and the clearer, for any thing that you wyll occupie or vſe it aboute. Hauinge thus ordered it, take for fiue pounde of Cytrons, twelue pounde of Honnie. The Sugre is alſo ordered and dreſſed in like ſorte as the Honny is: but if you will conſite Citrons with Sugre, you muſte note this difference, that for fyue pounde of Cytrons, you ſhall putte but .iv. of Sugre, for to conſite theym, ſo that they maye bee kepte all the yeare. This is, becauſe the honny maketh a greate deale more ſkumme and froth, then the ſugre dooeth, and therefore you muſte putte the thyrde parte more of Honnie. In keeping this proportion, you can not faile to dooe it well.

☞*To conſite Peches after the Spanyſhe facion.*

TAke greate and fayre Peches, whiche you ſhall pill and make cleane, and cutte theym in pieces, and ſo laye theym abrode vppon a table faire and cleane in the Sunne by the ſpace of two dayes, tourning theym euer at nighte, and in the morninge, and put theim hote into a Juleppe of Sugre, well ſodden and prepared as is aforeſaied. And after you haue taken them out, ſette them agayne in the Sunne, tourninge them often vntill they bee well dried. This dooen put theym agayne into the Julep, and then in the Sunne, vntill they haue gotten a faire barke or cruſte, as you wyll haue theym, and this ſhall you dooe three or foure times: then being thus prepared, you maye keepe theym in boxes for winter, for it is a ſouerayne thinge.

☞*To make Conſerue or Conſiture of Quinces, called in Latyne Cotoneatum, Cydoniatum or Cydonites, as they dooe in Valence, whiche alſo the Geneuoyes dooe vſe.*

TAke Quinces, and purifie them, and when you haue taken oute the kernelles, ſeeth theym in faire & freſh water,

water, so much, vntil they open and break, then straine them through a cleane strainer, that there remayn nothinge in the saied strainer, but onelye the hardnesse of them, that is to saie: the skinne the kore and suche lyke. For eyght pounde of the saied strained substaunce, you muste putte three pounde of faier and fine Sugre: and taking a vessell of tinne faire and large in the bottome, you shall myngle the Quinces with the Sugre: and then sette theym to boyle with a litle fyre, sturrynge theym with a broade skiyse of woode, vntill all be well sodden, whiche if you wyll knowe, loke when all shall leuse it selfe, and cleaue no more to the saied vessell, for then it is sodden to his perfection, and shall bee time to take it of. And if you put to it anye Muske, stampe it with a litle Sugre, as much as you wyll, & cast it into the saied vessel, sturring it alwaies with your skiyse of woode. If you wyll adde spices to it, put in Synamom, Cloues, Nutmegges, and Ginger, as muche as you wyll, boylinge the Muske with a litle Vinagre. Thys dooen, with the broade skiyse laye of this confection of Quinces vpon a table, where fyrste you muste haue sifted and strowed Sugre, and so make rounde, broade or long pieces, as you wil w̄ the circle of a bore, of what greatnesse you iyste: then set theym in the Sunne vntil they bee thorowe drie. And whan they haue stande a while, tourne theym vp side downe: making them alwaies a bedde of sifted Sugre bothe vnder and aboue. Then tourne theym still in the saied Sugre, and drye theym in the Sunne, so longe vntill they haue gotten a faire white crust of Sugre. Better comfites of Quynces, sweeter, or hartier than this, a man can not make. In like maner maye you dresse and trymme Peches, Peares, and other kyndes of fruites: A thing of greate singularitie.

☞ *To make a paste of sugre, whereof a man maye make all maner of fruites, and other fyne thynges, with theyr forme, as platters, dishes, glasses, cuppes, and*

and such like thinges, wherwith you may furnish a table: and when you haue doen, eate them vp. A pleasant thing for them that sit at the table.

TAke gomme dragant, as muche as you will, and steepe it in Rose water, vntill it be molified. And for foure vnces of Sugre, take of it the bignes of a Beane, the iuyce of Lemons a walnut shell full, and a litle of the white of an egge: but you must firste take the gomme, and beate it so much with a pestel in a morter of white marble, or of brasse vntill it become like water, then putte to it the iuyce with the white of the egge, incorporating wel al together. This dooen, take iiii. vnces of fine white sugre, well beaten to poulder, and cast it into the morter by litle and litle, vntil all bee turned into the forme of paste. Than take it oute of the saied morter, and bray it vpon the poulder of sugre, as it were meale or flowre, vntill all bee like soft paste, to the ende you may turne it and facion it which way you wil. When you haue brought your paste to this forme, sprcade it abrode with Sinamom, vpon greate or small leaues, as you shal thinke it good: and so shal you forme and make what things you wil, as is aforesaied. With suche fine knackes as maye serue a table, taking heede that there stand no hote thing nigh vnto it. At the ende of the banket they may eate al, and breake the platters, dishes, glasses, cuppes, and all thinges: for this paste is verie delicate and sauourous. If you will make a thing of more fineste than this, make a tarte of Almondes stamped with sugre, and rose water, of like sorte that march paines be made of. This shall you laye betweene twoo pastes of suche besselles or fruites, or some other thing as you thinke good.

To make a confection of Melons or Pompones.

TAke what quantitie of Melons you wil, and take them before they be ful ripe, but let them be good, & make as many cuttes in the as they bee marked with

with quarters on euery side, & hauing mondified them, taken oute their kernelles, and pilled of the vtter rine, stepe them in good vinaigre, leauinge theim so by the space of ten dayes: and whan you haue taken them out, take other Vinagre, and stepe them a newe againe, other ten dayes, remouinge and sy3ringe theim euery daye: than whan time shall be, take them oute, and put them in a course linnen cloth, dry3ing and wiping them well. Finally set them in the ayer the space of a day and a night, than boile them in hony, and by the space of ten daies geue them euery date a litle bubbling o3 boilinge, leauing them alwaies in the hony: and let them boile at eche time onelye but one walume. Then take the saide pieces, & put them in what kind of vessell you will, and take these spices folowinge, the poulder of Cloues, of ginger, of Nutmegs, & of Sinamom, whereof you shall make spices, this done, make one bedde o3 ranke of the pieces of melons, & another of the spices: than take fine white hony, and poure it vpon them in the saide vessell.

To make Melons and Pompones sweete and verye delicate.

TAke fine sugre, and dissolue it in water, than take the seedes of a Melon, and cleaue them a litle on the syde, that sticketh to the melon, and put them in the sugred water, addinge to them a lyttle Rose water, leaue the sayde seedes so by the space of thre o3 foure houres, and then take them out, and you shall see that as soone as the sayde seede is dry3e, it will close vp agayne. Plant it, and there will come of it suche Melons as the lyke hath not bene seene. And if you will geue them the sauoure of Muske, put in the sayde water a lyttle Muske, and fine Synamom. And this may you do also with the seedes of Pompones and Coucombers.

To confyte orenge pilles, whiche may be done at all times of the yeare, and chiefly in Maye, because than the sayd pilles be greater and thicker.

TAke thicke Orenge pilles cut in foure or. vi. pieces, and stiep them in water the spacc of ten or. xii dayes. You maie knowe whan they be stieped ynough, if you hold them vp in the sunne and se thorow them, for than they be stieped inough: and if you cannot see thorowe them, let them yet stiepe vntill you maye: than afterward lay them to drie vpon a table, and than betwene two drie linen clothes. Moreouer put them in a kettle, or vessell leaded, adding to it as muche hony as wil halfe couer the saied pilles, more or lesse as you shal thinke good. Boile them a little, styrring them always and than take them from the fire, leaste the honye seeth to muche, for if it shoulde boile but a litle more then it ought to boile, it woulde be thicke and massife. Let it than stande & rest foure dayes in the said hony, stirringe and mengling well euery daye the saide Orenges and hony together. For, because there is not hony inoughe to couer ouer al the orenge pilles, you must styre them wel & oftentimes, to thende they may alequally receiue of the honnye. This shall you do three times, geuinge them one bublinge or boilinge at eche time, and so let them rest and stand. iii. daies as we haue saied. Finally you shall straine or dreane them from the sayde honye, and boile theim in as muche other honnye as you shall thinke will suffice, and after you haue let theim boyle the space of a *Credo*, take them from the fire, and bestow them in vessels, putting to them of the beste spices you can finde, as Ginger, Cloues, and Sinamom: mixe all well together, and you shall haue made an excellente thinge. And note, that the hony that shall remayne, wil be still good for to dresse and trimme other Orenges, or other thinges withall.

To confyte walnuttes.

FIrste take Walnuttes whan they be litle & greene, with the pille or huske and al, and make in them. iiii litle holes, or mo, than stiep them in water. vi. dayes, or more or lesse: make theim cleane and boile theim in

hony

hony, as the forsayde Orenges, but make them seeth foure times as muche. And note that the honye is alwayes good, but you must oftentimes put in freshe, because it consumeth. Finally you shall dresse them with spices, as the Orenges, but putte not manye cloues to them for they will make them to bytter.

To confyte Gourdes.

TAke the necke of the Gourde and cut it in longe pieces, as you thinke good, and powre vpon thē boiling water, and do so. iy. mornynges, but you must haue pilled them finely, and taken awaye the inner part that serueth for nothinge. This doone, seeth them in a kettle vntill they be neither to much nor to litle boyled, but euen hole and massiue not broken: than drie them vpon a table in the shadowe the space of two dayes, and after wipe them cleane piece by piece, with a linen cloth, & do with them as with the Orēges.

To confite cheries.

TAke cherries and leaue them a day in the sunne than take out the stones, and sette theim in the sunne agayne thre dayes: after this seeth theim as we haue sayde of the Orenges: but you must leaue them in hony. v. dayes, and by the fyre. iii. dayes, so that they may onely be kepte warme, to thende they sauoure not of burninge, or of the fire. And after you haue well mired and incorporated all, you shall putte them in hony with spices. Al these confitures may dure many yeares, so that you refreshe them with other hony boyled a litle, whan they be diminished.

¶ To make litle morsels as they vse in Naples, an exquisite thinge, for they be very sauorous, do comforte the stomacke, and make a swete breath.

TAke thre pound of fine sugre, & flower of meale. vi. pound, of Synamom thre vnces, Nutmegs, ginger, pepper, of eche of them halfe an vnce, but let the quan-

title of the pepper be greater than of the residue, rawe white honny, not clarified, three vnces. Firste make a round cyrcle with the saide flowre, in the middle wherof, you shal put the Sugre, and vpō it a pound of Muskt Rose water, bray and breake well all these things with your handes, so longe, vntill you feele no more Sugre. This done, you shall put in the saide spices, and than the hony, mixinge well all together with your hande. After this mengle it againe amonge the flowre, & kepe some of it to flower the tile or other thinges that you must bake it vpon. And whan all is well broughte and made into past, you shall cut the litle morsels in sunder with youre handes, makinge eche of them three vnces weight, or there aboute, than turne and make them in to the fourme of a fyshe, dressinge them with youre instrument meete for the same purpose. Than heate your ouen and laye them vpon litle tiles of copper or earth, makinge firste vpon the tiles a good thicke bed of floure, you must bake them the mouth of the oue open, keping euermore a fire at one of the sides of the mouth of the ouen, ye must also touche them often times, to se if they be baked ynoughe, and whither they hange sure, and holde together betweene youre fingers: You maye also bake them in the fire in ouens of copper couered, suche as tartes be made in, then when you haue taken theim out you must gilt them.

☞ The ende of the thirde booke.

THE Secretes of the reuerende Maſter Alexis of Piemount.

THE FOVRTH BOKE.

☞ An odoriferous and precious water, wherwith a man may weate or bath anye linnen clothe, to wype or rubbe his face, which wil make the fleſh white and wel coloured: and the more a man rubbeth his face with it the fairer it is, and alſo continueth. vi. monethes: a thing experimented and proued. yea, and it for a quene.

TAke a pounde of roche Alome, waſſhed and burned, Malmeſey two glaſſes full, paſte of Bezar. vi. vnces, white Gomme dragant a pounde, Gomme arabicke three vnces, ſtiep al in the Malmſey, by the ſpace of two naturall dayes, myngle it with two pottes of Goates milke, and ſtoppe it well that it take no vente: than take nine vnces of *Sublimatū*, and ſet it to burne or calcine in an vnyelded potte, well cloſed vp in a furnayſe, and two pounde of Ceruſe of Alexandria, prepared in this maner. Lappe it vp with the white of an egge, in ſome lynnen clothe, and boyle it in ſweete lye, vntill the thirde part be deminiſhed: than mire all theſe thinges well together. This dooen, take two pounde of rawe white Honny, three pound of Terebentyne of Alexandria, three glaſſes of ſtilled vinagre, Ginger ſtamped. vi. vnces: boyle all with the ſated vinagre, vntyl there be but two glaſſesfull left. Than take. iii. vnces of fine Mirre clea, & put it vpon the ſaid thinges: after this take two vnces of litarge or white leade of ſilver wel beaten into poulder, and boile it in. iii. glaſſes full of good bergeous or whyte wyne, vntyll the thyrde

part be diminished: than with a litle cane, rede, or stick, mire or sturre well all the saied thinges together, in some vessell, the space of. vi. houres. Finallye, put into the same about fiftie snailes out of their shelles & made cleane, an vnce of Campher, a good fatte henne flawen and broke into small pieces, without washing her, two Orenges withoute their pilles, kernelles, or the lytle skinne within the pille. xii. Lemons ordered likewise, or elles the iuyce of them, which will consume the saied snayles, and all wyll ware like paste. This dooen, take the white of. xvb. egges new laied, hard roste, with the whiche you must incorporate fire vnces of Synamom, and a certaine quantitie of sugre candy, and put all together in a violle into the bathe or baine, and still it. The first water that shall come of it, will be white, the seconde yet whiter, which you shall receyue a parte by it selfe, and the thirde verie white. Then myngle the first with the laste, and distill it againe, and kepe it, for it is good: yet not so good as the second, which is verye excellent aboue all thinges in the world, and that must serue for the visage or face. If you will dresse or trimme handkerchers with it, as is aboue saied, take what handkerchers you will, so that they bee not very fine, & lay them in a platter, and powre vpon theym as muche water as wyll couer them, leauing them so the space of fire houres, than hauing taken them oute, and hanged them vp, in such sort, that the water may droppe out of them into the same platter, ye shal let them so drie, then bathe or washe them again, as before, other vi. houres, dryng them agayne, and so. vii. times. Than shal you haue an excellent thing.

To make a water that wyll make a whyte and pale persone well coloured.

TAke white Pigeons, and fatten them with Pyne-apple kernelles, the space of. xv. daies, and than kil them: and hauing cast away the head, the feete, and the guttes, with all the garbage, distill them in a limbecke

with

with halfe a loffe of Succarine Alom, thre hundred leaues of fine filuer plate, fiue hundred of golde foyle, and the cromme of. iiii. white loues ſtieped or weated in almonde milke, a pounde of the marye of a calfe or ore, and freſhe barrowes greaſe. Make all this to diſtil with a litle fier, & you ſhal haue therof a verie perfite water.

☞ *A verie good water to make the face appeare of the age of. xxv. yeares.*

TAke a couple of calues feete, and ſeeth theym in rviii. pounde of riuer water, vntil halfe be conſumed, then put to it a pounde of ryſe, and lette it ſeeth with crommes of fine manchet breade ſtieped in milke, two pound of freſhe butter, and white of. x. new laied egges, with their ſhelles & all: ſet thoſe al thinges to diſtill, and into the water that ſhall come of it, put a litle Campher, and ſuccarine Alom, and you ſhall haue an excellent and noble thing of it.

☞ *A water to beautifie the face, and all other partes of the bodye.*

TAke of white Bozar twoo vnces, roch Alome an vnce, Campher twoo dragmes, Alome called in Latyne *Alumen ſciſſilæ* or *plumæ*, whiche naturallye groweth like a ſtone, and not withſtandinge maye be deuided, there bee longe ſtrakes ſeene in it, and the Alome called *Alumen catinæ*, becauſe it is boyled in a caudron, and is made more pure by an herbe (like to herbe yuye) burned into aſhes and lye made therewith, of ech of theſe an vnce: beate eche of theſe to poulder by themſelues: and than incorporate all well together, and put it in ſome greate veſſel full of condite water, the which you ſhal couer and cloſe vp ſure with a lynen cloth, and ſet it to the fier, the ſpace of two houres, than take it awaye, and when it is colde agayne, putte it in another veſſell, and take the white of two egges new layed the ſame day, and beate it well with a litle vergeous: and ſo put it in the veſſell with water, and leaue all ſo toge-

ther

ther the space of.xx. dayes in the Sunne, and you shall haue a perfite thing of it.

☞ *A water to make the skinne white, and to take away the sunne burning.*

TAke halfe a potfull of raine water, and fill it vp with vergeous, than seeth it vntill it bee halfe consumed: and in the meane time that it yet boyleth, fill it with the iuyce of Lemons. When it hath sodden, take it from the fier, and putte to it the white of. iiii. egges newe layed, and well beaten, but the forsaied substaunces muste be colde before you put in the saied white of the egges: and than is it made.

☞ *Another water to beautifie the face, and to make it appeare of the age of fiftene yeres.*

TAke quicke Brimstone an vnce, white ensence of the best. ii. vnces, of Myrre twoo vnces, of fyne Ambergrise. vi. dragmes, beate eche of these drooges by them selues, and then mingle them altogether with a pounde of rose water. This doen, put them to distill, and kepe it in a vessel close stopped. And when you go to bedde, washe your face therewith, and leaue it so not wiping it: and in the morning washe it againe with well water luke warme, and by thys meane shall you mayntayne, and keepe the skynne verie delycate, fyne, and smoth.

☞ *An easye water for Ladyes and gentilwomen.*

TAke the whyte of eyghte newe layed egges, and beate them vntill they bee conuerted into a cleare water, then straine them, and take *Alumen catinæ* or *Des squamatum*, Borax, Campher, *Alumen zucharinum* which is made with Alome relented, Rose water and whites of egges into the facion of a Sugre lose, of eche of them an vnce, of Vinagre eyght vnces, water of beane blossoms twoo vnces. Let all these saied thinges be finelye stamped and beaten in a morter, and than put all together

ther in a great violle of glaſſe, the whiche beynge well couered, you ſhall leaue in the ſunne the ſpace of fiftene dayes, ſyringe the ſayde water twiſe or thriſe a daye, and ſo let it ſtande and reſt. This done, put it in another violle, and waſhe your ſelfe with it whan you wil, leauinge it ſo a certaine ſpace vpon your face: and than rubbe it with a piece of ſcarlet. The lady or gentlewoman that will vſe often times to waſhe her face with this water, yea, were ſhe of yeares three ſcore, ſhe ſhall appeare to be of the age of, xv. yeare.

To make a goodly luſtre or beautifiynge of the face, good for ladies and dames.

TAke a greate Lemmon, and make a hole in the toppe of him thorough the which hole you ſhall take out of the ſubſtaunce within the bigneſſe of a Walnutte: and fyll it agayne with Sugre Candye, with foure or fine goldfoyle leaues, and couer it agayne with the piece that you toke of, ſowinge it with a needle, ſo that it may remaine faſt on. Than ſet the ſayde lemon to roſte vpon the coales, righte vp, and after as it ſhall beginne to roſte or boyle, tourne it often, vntill it hath ſweat a good ſpace, than take it of. And whan you will vſe of it, putte one of your fingers into the hole that was ſowed vp, and rubbe youre face with it, with ſome fine linnen clothe, and it will proue an exquiſite thinge.

To take out ſpottes, lentilles, or pimpels of the face.

TAke the meale or flowre of a kind of pulſe corne called *Lupinum*, which groweth in Italy and Fraunce, but here vnneth knowen, the freſhe and recente gall of a goate, the iuyce of a lemon, Alome ſucharine, incorporate well all together in maner of an oynctmente: and rubbe at night the place with it where the ſpottes or burgeons be, and you ſhalbe incontinent cured of them This is well experimented and proued.

A very good way how to geue a luſtre or ſhew to all diſtilled water.

TAke litle greene pine Apples well mondified, cut them in litle roundc and flatte pieces: whiche you ſhall ſtiepe thꝛee dayes in colwe milke, chaunging the milke once a day (but it were better in goates milk) at the ende of thꝛe dayes diſtille them with theſe poulders folowing. Poulder of glaſſe foure vnces, pieces of redde cozall two vnces, Suger Candy four vnces. roch Alome. i, vnce, quicke ſiluer moꝛtified with ſpittle, an vnce and a halfe. rij. new laide egges bꝛoken with their ſhelles and all, Turpentine waſhed in ir. waters, four vnces, Snailes ſuch as carry no ſhelles on their backes and if you can not get ſuch, take thoſe that cary ſhelles. All theſe thinges well ſtamped eche one by him ſelfe, mingle them together, and than make in the Limbeck a rowe oꝛ bedde of them, than a bedde of the poulders, and one of Turpentine, and ſo another of the ſnayles, and thus one vpon another, vntill the Limbecke be ful, than caſt vpon it a glaſſefull of good white wine, and make vnto it a temperat fyꝛe. Thus ſhall you haue ſuch a water as you wuld deſyꝛe, the which you ſhal kepe in a flagon of glaſſe: foꝛ it is very good to make white and to beautifie the fleſh, and to take away the wꝛinckles of the face: A thinge pꝛoued.

To make a water of whyte Melons, that maketh a fair ſkinne.

TAke white Melons well made cleane of theyꝛ pilles, and cut them in pieces a fyngar thick, leauing all the middes alone, than take theſe thinges folowinge: Succharyne Alome four vnces, quicke ſyluer bꝛoken oꝛ moꝛtified, an vnce, Roch Alom burned an vnce, Turpentine waſhed a pound. rij. new layde Egges ſtamped with ſhelles and all, white Snailes cut in pieces as many as you will, Suger. iiii. vnces, with a glaſſefull of goates milke, and one of white wine: than fyll the Limbecke with the ſaied thinges, layeng rancke vpon ranck, as we haue ſaid of the other water beforꝛe. Giue it than a litle fire, and kepe the water

ter in a viole, whiche will be excellente to washe youre face with. After this maner is made ỹ water of *Anguria* of the blossomes of beanes, of mallowes, and of the blossomes of Tansey, or wild vine, & other such like things.

To make a very good water of Gourdes, as well garden Gourdes as wilde.

TAke Gourdes, and plucke of their vtter pille or barke, cut them into little round wheeles, than put to them fiue vnces of succarine Alome, an vnce of Alom *sciffilæ* or *plumæ*, the value of a peny of Myrrhe, halfe a pounde of Turpentine washed, foure newe laide egges stamped and well beaten together, fiue Lemons cut in trenches, Snailes as many as you will, a glasse of white wine. Beate into poulder that whiche ought to be beaten, and mire well all together, makinge the first ranke of Suger, the seconde of poulder, and the thirde of Snayles: than put the wine, the Lemons, and the egges vpon all the reste, and so distill it with a small fire: and the water that commeth of it must be kept. viii. or. xv. dayes in the sunne in a viol. A man may make the lyke also of Gourdes that growe nigh vnto the sea.

☞ *An oyntment for the face which e beinge kepte on, or vsed continually the space of eighte dayes, altereth the skinne and reneweth it finely.*

TAke foure newe laide egges, and lay them eyghte dayes together in stronge Vinaigre, so that they become tender and soft, that you may take of the shelles. After this take oute the yelkes finelye that you breake them not, and put them in an earthen dishe leaded. This done, take the value of a peny of white Turpentine well washed, the value of a halfe peny of sugre Candy, and twise as muche of the paste of Bozar, Tampher, Verdegrise, Roche Alome, of eche of them fiue deniers. All these thinges well beaten to poulder, take. ii. quarters of quick siluer mortified w̃ spettle, or the iuyce

of lemons, oyle of wine leese called *Tartarum*. iiii. vnces, a white onyon, which you shall boyle in white wine, & straine thorowe a strainer, and mingle al this with the yelkes of the egges, incorporatinge, and beatinge all well together, with the iuyce of two lemmons. And at night whan you goe to bed, laye the sayde composition vpon your face, necke, and breaste, lettinge it so drye of it selfe. Nowe, you must styrre it well at euery time you will occupie it, and you maye not take it to sone from your face, for than you shall marre the skinne: but you must let it lie on the space of eight dayes. And although you would thinke the sayed composition burned or flawed of the skinne of your face, you may not for all that take it of, but let it worke his operation, and at thende of eight dayes take it of in this maner folowing. Take wheate bran, mallowes, leaues of Marche violettes, Beane poddes, crommes of breade, and a good quantitie of rawe honny, and boyle al these thinges together, vntill it be all softe, than powre it in to some potte, and let it coole vntill suche tyme as you maye endure the smoke therof, holdinge youre face ouer the potte. Also couer well your heade, your breaste, and other places, where you haue laide the saide past, and holde your face so ouer the smoke of the pot vntil the sweate drop down by al your face. And whā you perceiue your self to swet take a litle of the said water, & put crommes of bread in to it, and whan you haue well swete, take of the breade crommes, & rubbe with them al about wher the composition is laide: for there the skin wil be very tender, and therfore must you rubbe hard, vntil your face be cleane of the said past, or composition, than immediatly washe your face with cleane water, and wipe it drie again. After this, you must take some distilled water, wherein is no stronge substaunce, and bath your face with all fiue or six times. If in case there remaine behind anye of the saied past in any place of your body, rubbe it well with the said crommes of bread, or some linen cloth, wete or dieped in such distilled water, and you shall incontinent

see

see that that skinne which was rough, thicke, and rude, shalbe chaunged and altered into a fine, faire, and delycate skynne. But beware that in eyght daies after you go not abroade in the open aire, or to nygh the fyre, lest the new syne, tender, and delycate skynne, shoulde be burned, or take anye hurte. This is a goodly secrete.

☞ *For him that hath naturally a redde face.*

TAke foure vnces of the kernelles of peches, two vnces of gourdes seedes, and make therof an oyle, wherwith you shall anoynt his face morning and euening, and this will kil and destroy the redneſſe. A thing founde trew by experience.

☞ *To make aqua argentata or siluered water, which maketh a white ruddie and glistring face: and is made like a water and not like an oyntment, that the dames of Italy for the most part do vse, although that fewe men make it as it ought to bee made.*

TAke. iiij. vnces of *Sublimatum*, and break it in sonder in a morter, styrringe it alwaies with one hande. When it is broken ynough, take. iiii. deniers of quicke siluer, and put it in stronge white vinagre the space of viii. daies, than put it in another vessell with other vinagre, and boyle it a litle. This doen, take the quicke syluer out of the vinagre, and lay it in a dishe, taking the crome of a lofe, which you shall crommie with the sayed quicke siluer, styrring wel altogether, vntill the quicke siluer be faire and cleare, than blow in it, and the bread will flie away: than shall you put this quicke siluer, so purged, with the sublimat, in miring and styrrynge it wel with one hand, & so it wil become white as snowe: than take hote boylinge water, and powre it into the saied morter, which must also be hote, and styrre it well and mire all together, and so let it stand and rest. After this take diligently the water away, which wil be very good for scabbes, or skurfe: & powre to it other sethinge water, & washe it well, as before, foure or fiue tymes.

This dooen, take. xii. or. xv. Perles, and a Carlyn or twoo of golde broken in sonder, or elles a lytle Campher, a lytle Borax, a lytle Talchum, if you haue any. All these thinges shall you breake and bruse in sunder, with one hande in a morter, and so leaue it fourtye daies in the Sunne, sturring it euery daye with youre hande the space of halfe an houre. After the saied fourtie daies take foure newe layed egges, the whiche beinge a lytle heated by the fier: you shall brake: and hauyng taken the whites of them, you shall put them into the saied morter, mingling well all together, and so shall you dooe this water folowing. Take litle ripe Lemons, and take of the outwarde yelowe pille, than cut them in small pieces, wyth. xii. newe layed egges, beatynge the yelke, the white, and the shelles together, than adding to it twoo vnces of Turpentyne, you shal put al into a Limbecke, making to it a litle fier, wherof you shall haue about a glasful of water, with the which water you shal temper your siluered water in the morter: than kepe it in a violle close stopped, in a cole place: And so it will bee an excellent thinge, and it were to geue a queene. And when you wyll occupie of it, lette your face fyrst bee cleane, and than laie to the saied water, as muche as you shall by youre discretion, thynke sufficient, lettinge it drie of it selfe.

To make an oyntment for the face.

TAke three vnces of the fatte caule of a fatte lambe, the whiche you shall put into freshe water, chaunging it euery day fiftie times, seuen or eyghte daies together, then cut it very small, put it in an earthen panne leaded, full of whyte cleare Vinagre, with a dragme of Campher stamped. Boyle this together by the space of twoo or thre Pater noster, and after strayne the grease with the forsaied thinges, thorowe a whyte linnen clothe, than lette the grease coole, vntill it bee harde againe: and if there bee anye ordure or fylthe at the bottome,

tome, you muſte take it away. After this take twoo vnces of the oyle of Tartare, and put it in ſome veſſell vpon the coales, vntill it come together: and hauing ſet it in a moyſte place by the ſpace of a daye and a night, put to it an vnce of Borar well waſſhed, than ſtampe and mire all well together, adding to it an vnce, and a halfe of Ceruſe waſſhed, and hauing put all in a new earthen panne leaded, ſet it on a ſmall fier, ſtyrryng it alwaies well together, vntyl all the ſaied thinges be wel incorporated together: and after that you haue layed it vpon your face, laye on alſo a redde coloure made wyth the grayne whereof Scarlate is died, called in Latyne *Coccum*, and wyth Brazell, for it ſhalbe better than with Brazyll alone.

☞ *To make a redde colour for the face.*

TAke redde Sandall fynely ſtamped, and ſtrong vinagre twyſe diſtylled, than put into it as much Sandall as you wyll, and let it boyle faire and ſoftly, & put to it alſo a lytle roche Alom ſtamped, and you ſhal haue a very perfite redde. If you wyll make it odoriferous and ſauour well, put a lytle Muſke to it, or els Ciuet, or ſome other odoriferous thing what you lyſt.

☞ *To make the face fayre.*

TAke Beanes and a kynde of a litle grayne called in Latyne *Faſeoli*, and Cyche peaſon, and make a poulder thereof, which you ſhall ſteepe and temper in luke warme water, with the white of an egge, and the milk of an aſſe: and than lay it out to dryye. And after ſteepe it in a lyttle water, wherewith you ſhall waſſhe youre face, and it wyll become fayer, cleare, and nete.

☞ *To make the face faire another waye.*

TAke the freſſhe bloſſomes of Beanes, and diſtyll them thorowe a Limbecke, and ſo waſſhe youre face with the water that ſhall come of them.

To

☞*To make the face fayre.*

TAke the flowres of Rosemary, and boyle them in white wine, than washe youre face with it, and vse of it for to drinke and so shall you make youre face verie faire, and also your breath sweete.

☞*To take out spottes or redde pimples out of a mans face and to make the skinne very faire.*

TAke a litle roche Alome, and breake it a sonder into small pieces, than take the white of an egge newely layed euen at that instant, the whiche you shall set to the fyre in a lytle panne leaded, with the roche Alome, and leaue it so vntyl you see that it beginneth to boyle, mingle it alwates with a lytle sticke. And when it is waren hard, annoynct well al yourface with it three or foure daies, and it wil make your face fairer. A thinge founde trew by experience.

☞*To make a water that maketh the face white.*

TAke Lytarge, Syluer sublymed the value of a grote, and put it into some vessel w̄ strong white vinagre, than boyle it vntyll it bee deminished the heyght of two fyngers: lette it stande and rest, than straine it and kepe it. Also milke and the iuyce of Orenges mixed with the oyle of wyne lees is verie good.

☞*Another maner to make the face fayre.*

TAke the gall of a Hare, of a Cocke or Henne, and of Eeles, temper them with Honnye, and putte them so into a vessell of brasse well stopped, for to annoynt your face with whan you lyste, but take heede it touche not your eyes: for it would inflame them and make them looke redde, and so hurt you.

☞*To take of spottes lyntelles or redde pymples out of the face.*

TAke greene Lisardes quicke, and bosle them in oyle vntyll the thyrde parte bee consumed. Strayne thys,

this, and put to it white ware, and than make therof an oyntment, wherwith you shall often times annoint your face.

To take of a ringe worme or tetter that renneth all ouer a mannes face, called in Frenche Le feu volant.

TAke the rootes of *Lapathum acutum*, called Sorel as wel wylde, as of the garden, wash them wel and mondifie them, and cutte them in small pieces, the whiche you shall stepe in strong whyte vynagre, and leaue them in it two dayes & two nights. Afterwarde rubbe the place of the sore with it three or foure times a day, and at night with the sayd pieces of the sorell rotes, letting them stepe alwaies after in the sayde Vynagre, and you shall be cured.

To dryue away lise.

TAke encens, and the larde of a barrowe Hogge, properly called barrowes grease, Boyle them together in an earthen panne or potte leaded, and with this ointment rubbe or annoynte the place where the lise be.

To make a water that taketh of all stayninge, dying, and spottes from the handes of artificers that gette them by workinge, and maketh them very white and fayre: It is also good for them that be sunne burned.

TAke the iuyce of a Lemon, with a litle baye salte, and washe your handes with it, and let them drye of them selues: washe them agayne, and you shall finde all the spottes and stayninges gone. It is also very good against the scurfe or scabbes.

To make a water that maketh the flesshe and skinne of a man or woman very fayer, and will be kept like a precious baulme.

TAke a yonge crow euen out of the nest, if you maye get one so: if not, take him as yonge as you maye:

to whome (by the space of. xl. dayes) ye shall geue none other meate, but the yelkes of harde egges. Than kyll him, and flawe him, breakinge the flesshe into smal pieces: than take leaues of a myrtle tree, and lay one ranck of them, and another of the little pieces of the crowe, in some great violl of glasse, powdered and strowed ouer with the poulder of *Talcbum*, stamped with the oyle of swete Almondes, and put in as muche of it as your discretion shal iudge, for a great quantitie will do no hurt to it. And if there remayne yet anye pieces of the sayde crowe, make therof another ranck, adding therto some myrtle leaues, and than of the *Talcbum*, and the sayde glasse must be large, wyde, and lowe. Finally you shall poure vpon it thre or foure vnces of the oyle of Myrrhe, dressed with egges, as is declared in this booke. Than set the saied violl or glasse vnder the Limbeck, stopping well the sides and ioyntes, that it take no vent, and like wise the recipient: and geue it at the beginning a small fyre for the space of foure or fiue houres, so that al these thinges may be dissolued, and as it were, breake, and corrupt amonge them selues: than make the fyre greater and greater, and at the ende very great for the space of an hour, letting it after cole. And if the fire haue ben great ynough, the water willbe yelowe, and somwhat redde, the whiche water you shall put into another lyke glasse, great, according to the quãtitie of the said water putting to it half a pound of rosemary blossoms, halfe a glassefull of Aqua vite, setting al to distill agayne w̃ the limbeck, and recipient as before: you must put in the recipiẽt, or at the beke of the limbeck, some fine litle cloth, wherin must be white Bengewin stamped betwene. ij papers as wel as you can. When this water shalbe distilled, it will be very cleare & fayre, which you shal kepe in a viol, wel stopped with ware, and cered cloth, to the ende it take no vent, and you may neither kepe it in the sunne, nor in any hote place. This will be a noble and precious water, whiche hath not the like in the worlde for to make the skin fayre, and to preserue it. The ma-

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ner how to vse it is this. Fyrste, you must washe youre face well with cleare water distilled, and than rub well both face, breast, and other places of youre body where you list, with a piece of scarlet weted in the sayd water, and lie downe vpon your bedde, holding a litle while, the piece of wet scarlet vpon your face, and thus maye you do euery. viii. or euery. xv. daies once, or elles euery moneth, or euery two moneths. In the mean time you may vse some other water, as the water of Beane blossomes, of gourdes, of melons, of onyons, of white flourdelice, of the rote of the herbe called in latin *Dracontium*, or more comonly *Serpentaria*, in englishe dragons, and of other like: but you must take hede that you put in it no sublime, nor Ceruse in any wise. Thus shal you haue a water of a meruelous vertu, to make your skinne and flesshe fayre and naturall, and to conserue and keepe it longe yonge, gaye, freshe, and nete.

☞ A verye goodlie water to washe the face, necke, and the breast, whereof a man maye make a greate quantitie, for the more there is of it, the better it is: It maketh the skinne and flesshe of the face fayer, not hurtinge or destroyinge the teeth, and shall seme that the face is nothinge at all holpen with any colour, but that it is euen so by nature.

TAke two fatte Pigeons, two pounde of Veale, seedes of Spurge, pilled thre vnces of Pine apple kernelles, sweete Almondes, bytter Almondes, the rootes of white and yelowe floure delice, Beanes broken in pieces and mondified, the gall of an Ore, the roote of Dragons, the roote of a litle yonge Ashe, or comon *Diptam*, a litle lemon the yelow pill taken away, & cut in pieces, the cromme of a white lofe wet in milke gomme dragant steped in wine, gomme Armoniac steped in Vinaigre, and let there be of all these thinges a reasonable quantitie. Than put therevnto flowres or blossoms of *Ligustrum*, which is a tre hauing leaues like an olive tre, but they be broder and softer, & more grene

of colour, whiche doth beare white flowers and swete, wherof is made an oyle called *Oleum ciprinum*. And this tree doth growe in watrie places, as Willowes and saliwes do, and beareth a blacke fruite like vnto an elder tree, and distil all these with a small fyre, hauing bound or tied a litle linen cloth with Musk, and white Wenge wyne, at the becke of the Limbecke: than kepe the water in a glasse well stopped, for it will be very excellente to make a white and naturall skinne or flesshe, without hurtinge the teeth or any other thinge.

☞ *To make a very excellente redde colour for the face, whiche is naturall, and continueth longe vpon the face, makinge it alwayes gayer and fatter.*

TAke the whites of .xvv. harde Egges, and put a glassefull of the mylke of greene figges among them, if you can get none of it, take lytle figges that be not rype, and cutte them in smal pieces, whiche you shall mingle with the sayd egges: and than distill them, and the water that shall come therof, maketh of it selfe the flesshe white: but if you will make it redde, take for euery glassefull of the saied water, two vnces of Alome *Scissilæ* or *plumæ*, beaten in poulder, half an vnce of the grayne called in latine *Coccum*, wherwith scarlet is died, and two vnces of the graynes that men vse to die Crimson silke with. Let all this be putte in a viole well stopped, that it take no vent, then set the oyle in a kettle of hote water (not boylinge hote) by the space of eyghte dayes. This done, straine oute well the substaunce of the sayde coloures, and take the water so coloured and died: and putte to it as muche more of the same Alome, and graynes as before, and set it agayne altogether in hote water, by the space of eyght dayes: than strayne oute the water, and adde to it the thyrde time some Alom, and graines, with a litle gomme Arabick, that is to say, for euery glassefull of water, half an vnce of gomme, setting it againe in hote water eyghte

dayes

dayes, as before: and after you haue taken it oute, strayne it, and you shall haue the fairest redde, that is possible to wishe for. Than weate some lytle piece of Scarlate or Crymson sylke in it, and rubbe youre face therewith so longe vntill the fleshe beginne to ware somewhat chafed, and the redde well perced thorowe. You maye also adde to it what odoure or sauoure you will. And if you will not set the violle in hote water, as is aforesaied, set it before a lytle fyre, not sufferynge it to seeth, and that for the space of a daye or moore: than strayne it, and you shall see all thinges come to passe, as I haue saied.

☞ *Another kinde of redde verye good for the face, easier to make, and with leße coste.*

TAke twoo vnces of fisshe glewe verie cleare, and stiepe it in white wine, the space of fyue or syre dayes, vntill it bee very softe: than take Brassell that is good and of a good colour, well scraped or cut in small pieces, than stiepe it in well water, so that the water bee aboue it moore than a hande breadeth, and a halfe, this dooen, boyle it together with a small fyre, assaiyng euermore the colour vpon a paper, vntyll it be to your fantasie. And before you take it from the fyre, put to it, for euery glassefull of the saied colour, an vnce of rawe roche Alome beaten in poulder, and Gomme arabicke, as muche as three or foure beanes. Than take it frome the fyre, and keepe it in a violle close stopped: & so shall you haue an exquisite thing. Women of base degree, are wont to seeth onely the Brasyll in wyne or water, putting to it a litle roche Alome, and Gomme, letting it boyle vntill the colour be to their mynde. Other take redde Sandall or Saunders, the whiche they put in wine, or at the least in Aqua vite, and not boyle it at all, but keepe it so the space of a night. Than in tourninge the water, they put moore Sandall to it, and a lytle moore Alome, accordynge as they lyke the coloure.

☞ *An excellent white aboue all other,*

TAke brayed Talchum, and burned tinne beaten in to poulder with a wodden pestell, than washe them and mingle them together, and put them in some maner of platter, or other great and large vessell, couered with suche another, and so set it in a glassemakers fornayse, the space of three or foure dayes. And hauing taken it out, it will bee as white as snowe. Than braye it finely with the water of ponge fygges, or with the milke of greene fygges, or with distilled vynagre, or some other suche sharpe and clammy thyng.

☞ *To make beare as yelow as golde.*

TAke the ryne or the scrappynges of Rubarbe, & stiepe it in white wyne, or in cleare lye: and after you haue washed your head with it, you shall weate your heares with a sponge or some other cloth, and lette them drye by the fyre, or in the Sunne: After this weate them and drye them agayne: for the oftener you dooe it, the fairer they wyll bee, without hurting your head anye thyng at all.

☞ *To make lye to washe the head, whiche (beside that it comforth the braine and the memorie) maketh the beare long, faire, and yelow, like golde.*

TAke lye that is not to strong, but as women commōly make it to wassh their heades: and make as muche of it in a kettle, as wyll serue you ten washinges, putting to it this folowing. The pilles of ten Orenges, or of sweete Lemons, if you haue anye, yf not take sowre ones, the pilles of Cytrons, as manye as you can gette, bee they greene or drie it is all one, the blossoms of Camomell, Baye leaues, a handfull of the herbe called Maidenheare, halfe a handfull of Agrimoyne, twoo or three handefulles of Barley strawe, chopped in pieces, halfe a dishefull of a kynde of pulse corne, called in Latyne *Lupinus* and in Frenche *Lupins*, hauyng

hauing one ſtalke, the leafe in fyue deuiſions, the cod creaueſyd aboute, haupnge in it fyue or fyre graynes, harde, broade, and redde, they bee commonlye in Fraunce and in Italye, but here in Englande vnneth knowen, and therefore they haue no Engliſhe name: they muſt bee dried, a diſhefull of Fennygreeke, halfe a pounde of wine lies, or twoo or three diſhfulles of Brome bloſſomes, whereof it is good alwayes to haue ſome drie in your houſe to make ſuche thinges withal. But all this that I haue named in a great veſſell with the ſaied lie, leauing it alwayes ſo, to take thereof and occupie when you will. And the lenger the ſaied lye ſhall be compounde with the foreſaied thinges, the better it will bee. The ſaied compoſition will bee good for fyue or fyre monethes or moore: and you maye renewe it at your pleaſure. But when you wyll put it in vſe, take it handſomely and cleanely vp, without touching in any wiſe the ſaied drooges put in it: and in heatinge it agayne you maye put in it a lytle Myrre and a lytle Synamom: and thus ſhall you make it verye good, as well for the health of the head, and eyeſyghte, as for to beautifie and make the heare faire.

☞ *Lye to make heare blacke.*

TAke Gomme lye, and boyle it with a handfull of the leaues of Beete, three or foure handfuls of Sage leaues, eyther greene or drie, and as muche Myrre as you wyll, with Baye leaues, and a fewe leaues or outwarde pille of a Walnut. But when you wyll vſe of thoſe lyes that make yelowe or blacke, rubbe not youre face, or youre necke with it, leaſt they become blacke, or yelowe, although they dye not the ſkinne ſo ſoone as they dooe the heare. And after hauing thus waſhed youre heare, you muſte waſhe your face with common lye, or cleare water, or elles with white wine.

☞ *An oyle for to annoynt the beare, which maketh it yelowe lyke golde, long and glyſtryng lyke burnyſhed golde.*

TAke a glaſſefull of the oyle of *Seſamum*, whiche is a white graine growynge in *India*, whereof oyle is made, whiche is called *oleum Seſaminum*, if you can get of it, if not, take oyle Olyue not greene, but verye yelowe, and cleare, whereunto you ſhall put three vnces of drie broome bloſſomes, well mundified, from the verdure and greeneſſe that is in them, and from the white that you ſhal find wythin: than ſtampe them ſo groſely, adding therunto an vnce of the yelowe that is in the middle of white flowredelices, and a quarter of an vnce of *Curcuma*, and the ſixte part of an vnce of Saffron, w̄ a litle Synamom, Bengewine, Muſke, and Ciuet, if you wyll. All theſe thinges will giue a good ſauour, helpe the colour and comfort the head: you muſt put all together into one veſſell or violle, wherein muſte bee oyle, which you ſhall kepe in the Sunne all the Sommer, and ſo take of it at euery time, a litle for your face, and the older it waxeth, the better it will bee. Alſo you maye at the ende, putte the oyle agayne vpon the ſaied drooges, into the veſſell, for they will continue ſtill good together manye yeres: or elles you maye chaunge thoſe ſubſtaunces, accordynge as you ſee neede. It ſhall bee alſo very good to anoynt with this oyle the kombe that women kembe them ſelues with, in the Sunne: or elles laye ſome linnen cloth hote vpon their head, and let it ſo lye, without putting any other thing to it. This is a thing very rare and excellent for a queene: for to doo thus there can not bee founde a better.

☞ *A very goodly way or maner howe to make yelowe aberne beare, without ſtandinge long or nothing at all in the Sunne, a rare and a verie excellent ſecrete.*

Take

TAke halfe a pounde of *Antimoninm*, halfe a pounde of wine leese, nine vnces of salt Peter, al these thinges beinge finely brayed and incorporated, take an earthen pot or panne, and put it in the middle of a fire, that the fire maye be both aboue it and vnderneth it, vntyll it be redde hote: than caste in the sayde poulders, by little and lyttle with a spone, tarryinge a little space betwene euery sponefull castinge in, vntill the fyrst be all burned, and continue so castinge in one sponefull after another, vntill all be in. But this muste be doone in a chymney, or in an open place, because there wyll ryse suche aboundaunce of smoke that it is not possible for you to endure it, than hauynge letten it coole, breake the sayde panne, and in the bottome you shall fynde as it were a maner of a thicke cake or browne lofe. Than breake the sayde matter and substaunce in dyuers pieces vpon the grounde, or in some cleane place, and you shall fynde in the middle, certayne little graynes like vnto fine siluer: but they be brittle and easy to be broken. And this is it that the searchers oute of the secretes of nature do call the kinge or chiefe of Antimonium, whiche in operation belongynge to metall serueth for many thinges, as we will after declare. But this will not serue any thyng at all for to make heare white notwithstandinge you muste kepe it by it selfe. Than take the reste, and the blacke substaunce and yellowe, and all that you finde in the bottome, and on the sides of the sayde panne. All the which thinges (because they wyll incontinent ware moyst) you shall stampe grossely and quicklye, addinge to it for euery pounde, an vnce of *Vitrioli*, rubified or made redde, as we wyll shewe you hereafter. This doone, putte all these thynges together in lye, not to stronge, and lette it stiepe vntyll it becomme as it were a saulce, putting to it, two vnces of the oyle of yelkes of Egges, yf you haue anye, if not, take Oyle Olyue. Nowe, you muste keepe this licoure thicke as it is, in some vessell, vntyll it be harde, and you shall fynde it alwaies good. When you wyll put

it in effect, take common lie, and put into it two or three vnces of rawe Roche Alome stamped, and washe youre heade with it as you are wont to dooe. And after you haue washed it, without dryinge it anye otherwise than of it selfe, annointe all youre heare with the saied lye coure heated, and beinge thus annoynted, wrappe them in a hote linnen clothe, resting your selfe a while. This doen, you shall take of the sayed annoinctynge, washynge youre heade with hote lye, vsinge and dressinge the Sope as you shall thinke good. And finallie washe youre heade and heare againe with a little warme white wine, and wrappe them with a hote linnen clothe, or drie theim in the Sunne, or by the fire, as you will, and laste of all you shall annointe youre selfe with oure saied oile, or with the Oyle of Jasemin, or some other odoriferous and swete Oyle, which may conserue the heares that they break not, and may geue them a lustre to make them glister and shine, vsing this maner of annoynctinge euerie. xb. dayes, or euerye moneth, as you liste youre selfe. By this meane you shall haue faier heare and glisteringe like golde. But remember to vse in al thinges a discretion, and diligence, at the fyrste whan you vse any receipte, as for an example in this confection, you muste take heede that the lie be not to stronge, leaste with the saied oynctment (whiche I tell you is very stronge) it eate and consume your heare. Also you muste well consider the quantitie, and howe longe it muste lye on youre heade, before you washe it awaie, as is declared: and soo, accordinge to the experience that you shall haue in the effecte, you shall vse and gouerne youre selfe in all thinges, for there is no rule so certaine, but leaueth alwaies some place for the discretion, diligence, and Judgemente of the personne that will followe it, and putte it in vre or effecte.

An oyntment to make the heares fall from anye place of the body.

Take

TAke the whites of three newe laied egges well beaten, eight vnces of quick lime, an vnce of Orpiment, and the whole beinge beaten in poulder, let it be put among the whites of the egges and adde to it after a litle lie, so much that it may make it a licour thicke like saulce. Than with a pensill or some other thinge, annoint the place frome the whiche you will haue the heares fall, and leaue the oinctmente so vpon it the space of a quarter of an houre, or a little more, than washe the place with warme water, and all the heare will fall of, or if not, you muste annoincte it againe, and hauinge staied a while, washe it as before, and the heares will fall of without doubt. Finallie you muste annoint the saied place with oyle Roset, or with the oyle of Violettes, and the skinne will remayne very faier, and without hurt.

An oyle or licoure to make the heare fall of, and may be kepte as longe as a manne wyll: It is also good for all occasions.

TAke an vnce of Soda (whiche is asshes made of grasse, whereof glassemakers doo vse to make their Cristall) ten vnces of quicke lime eyghte vnces of Orpimente, and make thereof a fine poulder, whiche you shall putte in a panne, with as muche sweete and cleere lie as will be aboue the poulder a handefull: than boyle it together a good houre, and after hauinge lette it stande by the space of xviii. houres, you muste straine it, and take three vnces of it, and put therto an vnce of oyle Oliue, and let it boile together vntill the water be consumed and vanished awaie, which you shal knowe, castinge a droppe or two into the fire, with a little sticke, and if it make no noise, it is a signe there is no more water lefte. If you will make it odoriferous & sweete, put to it Muske, or Ciuet, & so kepe it: and whan you wil make the heares to fal of, wash first the place wel with hote water, thã annoinct it wt the said oyle, and leaue it so a certaine space

and than wasshe it againe with hote water, and all the heare will fall away. Finallye annointe the place with oyle Roset, or violet oyle.

An aduertisement or lesson for them that will make the heare fall of.

FIrste, you muste note that the heare will not fall awaye, but whan the mone decreaseth, that is to say, in the quarter of the wane, and it is far better to make them fall of with the oinctmente, or with oyle, than to plucke them out with a payre of pincers, as some gentle wemen do vse in Fraunce, because it doth violence vnto the flesh, moueth the bloud, and enlargeth the pores, and also maketh the heare to growe againe greater. Therefore in all sortes it is good to annoint by and by the place with some coolinge or refreshing oyle, as oyle roset, or of Violettes. Likewise, you muste vnderstande that oftentimes the oynctment beinge mired with Orpiment, burneth the skinne, and that commeth by the naughty or to stronge composition of it, or whan a man letteth it dwye to longe vpon the place, or without fyrste wasshinge the place with hote water, or whan a man annoincteth not the place by and by after the heares be fallen, as we haue sayde before.

To cause that the heare shall growe no more, or to make them come out thynne and fyne lyke the fyrst soft heare or mosynes of the face.

A Man can scant fynd a remedy that the hear growe no more, because that manye whan they will do it, they make certaine oyntementes very colde and dwye, wherwith they anoincte the place a good while, not doinge any good at al, by reason of the power of nature, which hath alwayes his course, and casteth oute her superfluities, with the heare. Therfore they burne the skin and do but marre it, wherfore you must note that they must make them fall of in the laste quarter of the wane of

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the Moone, and then incontinent annoynete the place with oyle rosat, or of Violettes: this dooen, the heare groweth agayne weaker, softer, and finer: and slacketh at euery time mooze and mooze in comming forth.
But if you will that it neuer growe moze, vse these remedies folowinge, whiche are very good, and certaine by experience. Take the litle stones of Olives burned, the outwarde coddes of beanes, dried, the seede of Henbaine, Litarge of golde and siluer, the shelles of fyshes called in Latyne *Tellinæ*, burned, and the iuyce of blacke Poppy, as much of the one as of the other, and halfe as much Orpiment as of one of those thinges. All this beyng beaten to poulder, boyle it in as muche oyle Olive rosat, as will couer them sire fingers heyght, styrringe it continually by the space of twoo or thze houres: than let it coole, and straine the saied oyle, and so keepe it, putting to it the fourth part of the oyle of Sclandyne. And when the heares bee fallen, take a little linnen cloth, wette in the saied oyle luke warme, and lay it vpon the saied place, leauinge it so bounde on all a nyght. In the mozning take of the lynnen cloth, and annoynt the place with oyle rosate: and at night lay the lynnen cloth on againe wetted as befoze: and this do. vi. oz. vii. nightes, but let it be in the wane of the Moone. And yf you perceyue that the heares grow againe, make them fall away agayne at the nexte wane of the Moone, doyng in al poyntes as befoze: you shall not oft doe it, but you shal make that the heares shall neuer growe moze.

To make a kinde of cloth or plaister to take the heare from the face, necke, and handes, or from anye parte of the bodye.

TAke twoo vnces of Turpentyne, halfe an vnce of white ware broken small, or somewhat mooze or lesse, accordinge as neede shall require, Bengewyne, *Storax calamita*, at youre discretion. Fyrste melte the ware a lyttle, wyth a lyttle fier, and than the Bengewyne and *Storax*: after this, put in the Turpen-

tyne, adding to it a lytle Ceruse well brayed, and settinge it to the fyre, putte in to it a lyttle Masticke, and make thereof a mixion neither to thicke nor to cleare or thinne. Than take a piece of linnen clothe of what bygnesse you will, and lay it abrode vpon a table, spreading afterwarde the saied composition vpon it with a spone, or some other thinge, as it were in maner of a plaister, than let it coole, and keepe it so the one vppon the other open, without folding vp the lynnen clothe, for when the saied mixion is colde, it is harde. If you will putte it in profe and occupie, dooe as foloweth. At night when you gooe to bedde, washe your face and necke with luke warme water, rubbinge it well with a linnen cloth, or with your hand: and when it is drie or when you haue wiped it, take a piece of the saied plaister, or cyred clothe, and heate it by the fyre, vntill the saied mixion bee liquide and softe, then immediatly binde it vpon youre face, or vppon the place, from whence you woulde haue the heare to falle, and presse it harde on, leauinge it so all night. In the morninge go to youre lokinge glasse, and pluckynge of one ende of the saied lynnen clothe, you shall plucke awaye with it all the heare of your face, and so shall you leaue a very faire skinne. And if in case there remain yet any of the saied mixion vpon the fleshe, wasshe it with hote water, and with wheate branne, rubbinge it so longe with some piece of lynnen cloth, tyl you make it fal of, than washe your face with Aqua vite, or white wine, or with some other distilled water, being not to strong, but let it be of Melons, or gourdes, or of such other like and vse afterwarde waters meete for the face, as you lyst, and thus shall you kepe and maintayne youre face as cleare as glasse.

☞ *A meruelous secrete, whiche the greate lordes of the Moores dooe vse, whereby they make that theyr children haue no heare vnder their armes, or other place where they wyll. And this secrete founde*

I in Syria, the yeare 1521. by the meanes of a lorde of the countrey, whose doughter I healed.

As soone as the child is borne, they make ready by and by a peece of fine golde, or a Ducat, or els a rynge, or some like thinge, and kepe it in the fyre vntill it be redde hote, not meltyng it, than they carry it with a payer of tonges & laye it vpon the place, where they will no heare shall grow, and immediatlie annoynte it with oyle Rosat, or the oyle of Violettes: than after. xviiii. houres, they do the like agayn, and by this meanes there groweth neuer heare in that place. I haue often times made the heare fall from yong gentil womens browes and foreheades with this medecine and they haue founde it wonderfull: but the golde must be very fine, which suffereth no token, marke or skarre to remaine wher the burning was, as other metals do. I haue kept this secret hidden a longe time, thalthough that diuers times, men would haue giuen me greate giftes, yet I would not publish it a broade, vntill now that I haue doone it, in this present booke.

To make a kinde of cloth, called cloth of Leuant wherewith women vse to colour their faces.

Take the shearynge of skarlate, and boyle it in water, where quicke Lyme hath bene boyled: and after you haue boyled it a good space, you shall straine it, and take a potful of it, and put into it two vnces of Brasill, cutte in litle peeces, addyng to it an vnce of Roche alume, and as muche of Verdigreese, and a quarter of an vnce of gumme Arabicks: and after you haue well boiled it, the space of halfe an houre, take a peece of olde linnen clothe, of what bignesse you wil, and wete it in this decoction, or red colour, than couer the pan, and let the saied mixtion coole, by the space of a day & after you haue taken it oute, drie it in the shadowe, and keepe it

in

in some vessell, among odoriferous and soote thinges, for to helpe you.

☞*The same another waye.*

TAke a glassefull of Aqua vite, a quarter of an vnce of the graine that I spake of before called *Coccum*, halfe an vnce of Brasyll, halfe an vnce of gomme armoniacke, put all these thinges together, in the glasse where the Aqua vite is, than stoppe it close, for feare it take vent, and the sayed glasse muste bee full. After this sette it vpon a small fier, makinge it seeth faire and softlye, or elles sette it in the Sunne, by the space of twoo or three daies. This doen, strayne it, and put in it pieces of olde linnen cloutes, as we haue saied before. If you thinke, in strayninge this water, that the coloure is not redde, to your minde, you maye put in mooze of the saied grayne and brasell.

☞*To dye a whyte beard or heare of the heade into a faire blacke.*

TAke good galles of Leuant, or suche lyke, and frie them in oyle, but let them not burne: than stampe them, and sifte them once or twise. Take also *Ferretum* or Spanishe blacke, whiche the Frenchmen call *Atrament d'Espaigne*, the whiche likewise you shal stampe and beate well to poulder. Than take a panne full of lye, and put into it the pylles or rynes of Pomegranades, Walnut pilles, Pineapples, Myrre, Sage leaues, as muche as you wyll. Let all this boyle together, vntill it bee broughte vnto the thirde parte. You muste haue in it also twoo partes of galle, and one of *Ferretum*, tempering and incorporating all well together, vntill the blacke colour content you, wherewith you may die your beard, and heare, in this maner. Washe youre beard with lye not to stronge, least it hurte you: and whiles your head or beard is yet hote, annoynt it with the saied confection: but it must bee luke warme, to the entent it maye penetrate and perce the better, and so

leaue

leaue it a certaine space. Than wasshe youre heade or bearde fyrst with lie, and than with hote water, and you shall haue youre heade and bearde sayre and blacke. This hurteth not, nor smarteth anye thinge at all, neyther bringeth anye inconuenience to the heade.

A noble and excellent poulder to make cleane the teeth, to make them fast and white, and to conserue the gommes. A better thinge can not be founde, and it were to geue or present to a Quene or Princesse.

TAke *Lacca* of grain, if you can get it, if not, take of the graine it selfe that is very good. r. partes, seuen partes of barley cakes or breade, so burned that they be brought to coales, *Lignum aloe* ij. partes, fine pommeyse stone scoured and made clene in embers, and steped or tempered in white wine, or in Vinaigre eight partes, dragons bloud three partes, roche Alome burned foure partes, honnye burned in a panne vntyll it be fyrste blacke, and than yelowe, three partes (and this may you do of the lees of honnye, that remaynyth whan it is distilled, puttinge it in a panne, and settinge it in a glassemakers fourneste the space of a day or two) coles of the wood of rosemary, three partes, fyne Synamom two partes, Bengewyne one part, Bole Armenick oriental, nine partes, white wine lees two partes, Aleblaster one part, small pearles one part, the scrappynge of yuorye two partes, lyttle Quinces not rype, of the byggenesse of a Walnutte, or a little more, sire partes. Nowe the best be those that be not come to perfection vpon the tree, the whiche you muste burne in the fyre, euen vnto coales, Mastir eighte partes. Let all these thinges be well stamped, and passed thorough a fine sarce, addinge thereto a lyttle Muske, and some Golde or Syluer foyle. This doone, you shall keepe the sayde poulder in some bore well stopped, and so shall you haue a precious thynge. And whan you will occu-

Lacca de graine, is a certaine confection or mixtion, made of graine, and are little rounde red balles. Lacca is a Turkish worde, and not vsed amonge vs, but amonges the Italians,

ple of it, wasshe your mouth well fyrst, with cleane water, or wine, than rubbe your teeth with youre fingar, or some lynnen cloth, taking of the sayed poulder vpon it, and after washe your mouth well. Thus ofte doing, you shall alwayes haue your teeth very white, faste in your head, stronge and not hollowe.

To make a very excellente conserue to scoure the teeth, to comforte the gummes, and to make a swete and good breath.

BEcause the vse of the poulder to scoure teeth, seemeth lesse commodious, than some licoure or conserue, which agreeth better with the mouth, therefore we will write here a very excellent one, whiche hath not his like in the worlde, and must be made as followeth. Take one part of syrop roset, two partes of the syrop of Myrtell, or of the woode called Lentiscus, out of the whiche commeth a gomme called Mastir, put this together in a cleane panne, than put to it of the saied poulder for the teeth, whereof we haue spoken in the Chapter before, so that al may be brought into softe paste or dowe, than set the little pan vpon a chafinge dishe, wherein must be some hote ashes, with a fewe embers, or elles at the leaste set it farre from the fyre, and make it boile fayre and softly, styrringe it alwayes, vntyll it be as thicke as honny or thicker: than take it frō the fyre, and put to some goldfoile and musk, what quantitie you will. And so shal you haue a singuler thinge for to do this that I haue spoken of.

An aduertisement or lesson concerning the making of poulders, and conserues for the teeth.

IF you wil make the said thinges as excellent as is possible, you must take of the said things as much as you may get: or if you cannot haue them al, take at the least the most excellent, as graine, pearles, Corall, yellowe Amber, *Lignum aloes*, Boale Armenick, also the coales of

Barley

Barley Cakes or loues whan they are burned, and all the other thinges be very good in it. And if you woulde geue it to some greate prince or lorde, which had rather haue it of a good colour, or would know the thinges in it, you may make it as is saied, of sewe thinges, with goldfoile and Muske. And he that wil make it with lesse cost, and a greater quantitie, may (with the thinges mẽtioned in the chapter with the poulder) adde poulder of brickes, poulder of marble, Creuise or lopsters shelles burned, and a little white salte, the lees that remaineth in the bottome when men make stronge water, called *Aqua fortes*, is also very good, eyther by it selfe, or mingled with some other thinge, and soo shall you haue a greate deale of substaunce with small cost. And if a man wil make a conserue of litle charge, and without much labour, he must take rawe honnye, or honny roset, and mingle it with the said poulders, and so rubbe his teeth therwith, with his finger, or with a linnen clothe, and washe his mouth well after it. Doinge this euery eight dayes, he shall make his teeth very fayre and white.
A thinge very good, and mete for euery man.

An excedinge white and good poulder to scoure the teeth, whiche is meeter for lordes and great men, than anye of the other before.

First here is to be noted a goodly and notable secrete of great vertue, for to scoure and make white teeth, whiche is the pommeise stone alone, so that it be of that fyne and whyte stone, whiche shoemakers doo vse to whiten whyte leather shoes, and well beaten in poulder: For in rubbinge youre teeth with the same poulder, it scoureth and maketh them cleane, and taketh away all the roughnesse of theim, as men see by experience, that the pommeise stone is vsed to polysshe bones, marble, and other like thinges. I haue sene of my frendes, men of great iudgement and knowledge, whiche gaue nothinge vnto greate men and Lordes, but the

sayd poulder, whan it is well beaten in poulder, a man can not tell what it is: also you may geue it a little sauour, layinge it amonge bagges of Muske and Amber, of whome it taketh an odour, and I haue seene men of estimation, that helde it for a thinge of greate importaunce, when they sawe the vertue and operation of it. Nowe, if you will make a white poulder, more noble and more profitable for the teeth, and gommes, take small pearles stamped a lytle, or elles whole, and putte them in a dysshe, or in a wyde glasse: than take the iuyce of lemons or orenges, strayned thorough a linen cloth, at the leaste sixe or seuen times, and poure it vppon the saied Pearles, vntill it couer them ouer three or foure fingers high, and you shal see that in shorte space it wil beginne to boyle, and than couer it with some paper, or linnen cloth, leauinge it so three or foure dayes, and at the ende you shall finde the sayed pearles dissolued and molten in the sayde iuyce, and tourned into a paste as white as snowe, marye there will be a little yellowe skinne vppon it, engendred of the sayed iuyce. This doen, take cleere well water, or the water of *Lentiscus* distilled, and poure it vpon the sayed paste, three or four fingers heighte aboue. Than take a tittle forke, or the steale of a syluer spone, or some thinne sticke, and styre the paste well aboute in the sayed water, lettinge it so stande, and finallye caste oute the water, and if you see yet anye of the yellowe, remayne vpon the saied paste, washe it againe, as before, and couer it with a paper, lettinge it so dye of it selfe, in the sunne. After this you shall take three partes of the saied paste, or whyte poulder, foure partes of white Pommeise stone, as is afore sayed, two partes of white Bengewine, one parte of Roche Alome well burned, one parte of white Corall, halfe a parte of white yuorye, halfe a parte of Alebaster verie white. Breake and bruse all these well vpon a table of marble, or in a syluer cuppe, puttinge to it some siluer foile, and thus shall you haue a very whyte and excellente substaunce or matter to make your teeth

as

as white as snowe. And if you will, you maye put it to keepe in a conserue, with the syrope of Ceder, or honny Roset, or otherwise as you will. Also, if you will make the saied poulder verye redde, dresse it onelye with the *Lacca* of graine, and a lyttle redde corall. Nowe, because that in stampinge, it will ware somewhat white, put to it a little Boale Armonicke, with a little of the iuyce of Dragons bloude, and also golde foile. You maye geue to all these saied poulders what odoure and sauour you will, but vnto the white poulder you may put no Musk nor Amber, nor any other suche drooges, for it woulde take awaye the whiteneſſe, but you maye putte it well ynoughe in a lyttle bagge amonge Muske, or other odours.

A distilled water, excellente for to make the teethe white immediatelye, and to preserue theym wonderfully.

TAke a pounde of the firſte water distilled of honny, the whiche is white: than put it in a violl, with an vnce of commune white salte, halfe a pounde of raw roche Alome, an vnce of Salte Peter, halfe a poũde of ỹ water of the leaues of *Lentiſcus*, two vnces of Mastick, the heighte of twoo fingers of Vynaigre in a glaſſe, and as muche white wine: Diſtil all these thinges with a small fire, that they smell not of the smoke, nor any burninge: continuinge youre diſtillation in suche sorte, that you be at the leaſte foure and twenty houres in diſtillinge the whole, or elles you may make it diſtill in *Balneo marie*, whiche is the sureſte of all. Nowe, you muſte continue youre diſtillation so long, vntill there bee a moyſt ſubſtaunce to come forth, and into the water that diſtilleth out, you ſhall put a litle poulder of fine Synamom, a litle *Lignum Aloes*, and Boale Armonicke, for to geue it a redde colour, whiche many men like well: also for to geue it a ſtrength and

odour, you shal put in rawe honny making it dissolue in the heate of the Sunne, for it is a thing good for the gummes, and geueth a good savour to the water. Keepe this well as an excellent thing, and it were for a queene. And when you wyll occupie of it, washe well your mouth fyrst, and wipe youre teeth with a little piece of white linnen clothe, and than pike them wyth a tooth piker made of the woode Lentiscus, or some other thinge wette in the saied water, or with a lyttle clothe, rubbe them a lyttle, and incontinent you shall perceyue and feele it fasten and bynde youre gommes, and comforte your teeth making them faire and white. And he that loueth better the white then the redde, let him put no Synamom, Woale armonicke, nor *Lignum Aloes* into it, after it is distilled, but let hym put it in to destill with the other thinges, puttinge of eche of them as muche as there is of Mastick, and it shalbe euen as excellent and as white as otherwyse.

Three aduertisementes or lessons of importaunce to kepe the teeth white and vncorrupt and also a swete breathe.

The first is, he that vseth not to washe well hys mouth euer when he hath eaten his meales, shal haue alwayes yelowe teeth & a stinking breath.

The seconde is, he that slepeth with his mouth close, hath likewise an euyll breath, and foule teeth.

The thirde is, that for to maintayne and kepe the teeth faire and white, and a sweete breath, when a man is layed is his bedde, and when he waketh in the morning, it is good to purge well the breaste and throte, spitting out all that is gathered together that nyghte: which also is good for the stomacke and heade. And hauing your teeth and breath warme take a lynnen cloth or the corner of the shete, and rubbe youre teeth well within and without, to take awaye the fumositie of the meate, and the yelowneste of the teeth gathered together in the night: for it is that, that maketh youre

teeth

teeth yelowe, and gommes redde, and corrupteth your breath. This is a verie necessarye thing to be knowen, and oughte well to be obserued: It is also good to eate euery morynge some graynes of Mastick.

A decoction to washe and scoure the mouth, to fasten lose teeth, to consolidate and make sounde the gommes, and to make the fleshe grow agayne if it were decayed or fallen awaye.

TAke halfe a glassefull of Vynaigre, and as muche water of Lentiscus, of Rosemarye, Myrrhe, Mastick, Boale Armenicke, the moisture that distilleth out of Dragons blonde, Roche Alome burned, of eche of theim an vnce, fine Synamom halfe an vnce, well, riuer, or fountaine water, three glassefulles: mingle all well together, and let it boyle with a small fyre, addinge to it halfe a pounde of honny, takinge awaye the scumme of it, than put in a little Vengewine. And whan it hath boyled a quarter of an houre, take it from the fyre, and keepe it in a cleane vyole, and washe your teeth often times withall, as wel before, as after meat: and holdinge it a while in your mouth, it is verye good for the heade, and maketh a sweete breath. A thinge of great excellencie.

The ende of the fourth booke.

THE
Secretes of the reuerende Maſter Alexis of Piemount.

THE FIFTE BOOKE.

To make perfyt Aſure, ſuch as commeth from beyond the ſeas.

TAke fyue a pounde of *Lapis Laſuli*, ſpotted like Marble, and ſomewhat of the callour of Aſure, with ſome veynes of Golde, or greene, of the whiche you ſhall make this proſe folowynge. Take a little piece of it, and put it vpon hote coales, blowinge it with a payre of bellowes, the ſpace of an houre, than let it coole agayne and touche it with your hande, if it breake, and vndoe lyke earth, it is nothinge worth, but if it abyde fyrme and harde together, and keepe his colour of Aſure, it is good. Than take a pounde of the ſame, and breake it into ſmall pieces, whiche you ſhall melte in the fyre the ſpace of a good houre, blowinge it continuallye. This doen, take good Aynegre diſtilled, in ſome kynde of veſſell, wherein you ſhall quenche the ſayed pieces, and let them drye: than take water made as folowth.

Take a panne leaded, and putte in it a quarte of cleere water, and a lytle rawe whyte honnye. Boyle it, and ſkymme it well, vntyll there be no more ſkumme, and ſo let it coole. Than take of Dragons blonde wel ſtamped, the quantitie of a Walnutte, and wette it lyttle and little with the ſayed water, and it beynge wel dipt, ſtrayne it thorowe a linnen cloth, into ſome veſſell leaded. And you muſte note, that the water may not be to redde, nor to cleere, but betweene both, that is to ſaye, betweene cleere and redde, to the ende that the Aſure

maye

may take a Violette coloure. After this, braye well the sayde *Lapis lasuli*, so molten and burned, with the sayed water (as vermilleon is commonly brayed) by the space of an hour or more: thã assemble it together in a glasse, or some other vessell leaded, ample and large, drying it in the shadowe, and not in the Sunne: for it would lose his colour. And whan it is drye, beate it well to poulder, and keepe it in some cleane lynen cloth wel bounde: than make this past folowinge. Take two vnces of the rosin or gomme of a white pine tree, two vnces of *Pix græca*, two vnces of Mastick, two vnces of ỹ oyle of line, two vnces of Turpentine, two vnces of newe Ware: stampe well that must be stamped, and cutte the Ware into small pieces, than put all in a newe panne, and boyle it till it come to his perfection, whiche maye be knowen, by castinge a droppe of it into cold water, and if in takinge it with your wette hande, it cleaue not to your hande, it is parfecte: and therfore you shal straine it thorowe some cleane cloth, into a vessell full of colde water, but this must you do while it is yet hote, for if it be cold, it will not straine, and leaue it so longe in the water, vntyll it be harde, than take it and set it to drye. Nowe, whan you will incorporate it with the poulder, do thus: Cut the sayde confection in smal pieces, which you shall put into some kettle tinned within, and set it so on the fyre, and whan it beginneth to bubble vp, put to it an vnce of the oyle of bytter Almondes, lettyng it so boyl the space of two *Miserere*, and in the meane time make ready your poulder of *Lapis lasuli* in a vessel, with some little sticke made for the purpose: than take the kettle, and poure it by little and lyttle, into the vessell vpon the sayed poulder, not ceassinge to sturre it alwayes with the lyttle sticke, vntill it be all well incorporated with the sayd poulder of *Lapis lasuli*. This doen let it cole, than annoinct your handes with oyle of line, and take the sayd substaunce, and tosse it vp and downe with youre handes, to thende to incorporate it well together. And after you haue broughte it to the fourme

and fashion of breade or paste, put it in a vessell leaded, and keepe it so the space of tenne dayes at the leaste. And whan you will take out of it the Asure, make fyrst cleare lie, with the asshes of vynes, of the whiche you shall set a kettle full to the fyre, seethinge it as hote as you may endure your hande in it: than after, putte the saied confection or paste in a vessell leaded, and adde to it as muche of the saied lie as you shall thinke good. Than styre the saied substaunce fayre and softlye, vntyll you see the Asure come out, and whan you see it issued out, poure the saied lie with the Asure into a vessell leaded, of the which vesselles you must haue a good nomber, than put to it againe of the other hote lie, doinge as before, puttinge it afterward againe into another vessell, and do thus vntill there be no more Asure. And here you muste note, that of a pounde of *Lapis lasuli* if it be fine, there is loste but an vnce, and is had oute of it in the whole, eleuen vnces, that is to say: fiue vnces of good and fine, three vnces of a mean sorte, and three vnces of courser. The fine is worth at the leaste twoo crownes and a halfe the vnce, the meane, a crowne an vnce, and the other halfe a crowne. Nowe, after you haue gotten out all the Asure, loke well whiche is like the one the other, for to put eche of them by them selues into three partes, as we haue saied. Than washe it wel with fayre and cleere lye, pouringe it out of one vessell into another, vntil it be come to a good colour, and purified from all ordure and fylth. And whan you thinke it is cleane inough, drie itin the shadowe, in a chaumber, and whan it is drie, take a glassefull of fine Aqua vite, and stepe in it a little good brasill, & than trimme and dresse your Asure with the same Aqua vite, and let it drie, continuinge so the space of three dayes, vntil the Asure be participant, and haue taken parte of suche lycoure, and than it shall be of an excellent fyne coloure. Keepe eche sort by it selfe in bagges of leather well sowed and bounde.

To

☞ *To make a fyne confection of graine, called Laeca of grayne.*

TAke a pounde of the shearinge of scarlette, and put it in a newe panne full of lie that is not to stronge, and boyle it vntyll the lie take the coulour of it. This doen, take a bagge, large and wyde aboue, and narrowe poincted beneth, whereinto you shall powre the sayed shearing of scarlette, and the lye, setting a vessell vnderneth, than wringe and presse the bagge harde, that all the substaunce, and all the coloure may straine and dreane out, after that washe the shearinge and the bagge, in the vessel where the colour is. And if you thinke that the shearinge hath yet more colour in it, boyle it againe with other lie, ordring it as before. This done, you shall heate the sayed coloured lye vpon the fire, but let it not boile, and you must haue ready vpon the fyre some cleane pan, with cleane water, into the whiche beinge hote, you shall put. v. vnces of Roche Alome, beaten to poulder. And as sone as you see it dissolue, take a bagge, like vnto the fyrste, and whan the coloure is hote, take it from the fyre, and put into it Alome, and caste all so together into the bagge, settynge vnder it some vessell leaded, and loke yf vnderneth the coloure come out redde, than take hote water and poure it into the bagge, with all the reste that was strained out of it, into the saied vessell vnder the bagge, and poure that so often, whiche shall straine and renne out vnderneth, vntill the licour that shall issue oute, be no more redde, but cleere as lye: hauinge thus strained all the water, the coloure will remaine in the bagge, which you shal vndoe and seuer a sonder with a sclyse of wood, putting it downe to the bottome of the bagge, and bringe it al into a masse, or lumpe, or into little tablettes, or into what fourme you will, and than drie it vpon a newe cleane pauinge tyle, in the shadow, within your house, or elles abroade where no sunne shineth. And so shall you haue an excellent thinge of it.

To dye bones into a greene colour.

TAke a panne full of cleare water, and put into it a good greate piece of quicke lyme, leauinge it so the space of a daye. The nert daye morninge mingle it well together with a sticke, and so let it reste, and at none stirre it agayne, and likewise at night. The nerte morninge folowinge, you shall straine it cleane oute and kepe it, in the meane time haue the bones that you will die in a readinesse, and boile them well in other common water, wherein Roche Alome hath ben dissolued, and whan it hath boyled a good space, you shall take them out, and let them drie, than scrape them wel with a knife, and put them into the sayde lime water, and addinge to it some Verdegrise, you shall let them seeth well, and than take them out. And after you haue wyped and dried them, do with them what ye will, for thei will be very fayre: And in stede of the saied lyme water you may vse pisse, whiche wyll be of the like operation.

Another maner howe to die bones, or Iuorye, into the colour of an Emerande.

TAke *Aqua fortis separatiua*, and put therin to fret and dissolue, as muche copper or brasse, as the water is hable with her force to dissolue and leuse: this doen, put in what peece of woorke you will, beynge fyrste cutte in the fourme that you will haue it, as hefles for knyues, penknyues, pynkhornes, images, or anye other thinge to youre fantasie, leane them in it the space of a night, and thei shall be of the coloure of an Emerande. Nowe, if in steede of copper or brasse, you didde put in Syluer, it woulde be the better.

To die bones redde, blewe, or of anye coloure you wyll.

Fyrste

FIrſte boyle your bones in Alome water, than take quicke lyme water, or piſſe, and in this water or pyſſe, you ſhall put Brasyll, Azur, or an herbe called Rubia, which the Apoticaries call *Rubra maior*, and *Rubra tinctorum*, or *Rubea tinctorum*, wherewith they coloure wolle or ſkinnes, in Engliſhe Chickweede, or what other colour you wyll, and than ſeeth your bones or Iuorie therein, and they wyll take ſuche coloure as you put in.

✠ *A very goodlie ſecrete to dye or colour woode, of what colour a man will, which ſome Ioyners do vſe that make tables and other thinges of diuers colours, and do eſteme it amonge them ſelues to be of ſuche excellencie, that one brother will not teache it another.*

TAke early in the morninge, newe and freſhe horſe donge, made that night, and take of the moyſteſte ye can gette, with the ſtrawe or lytter and al, and laye vpon ſome little ſtickes layde a croſſe one ouerthwart another, and ſet ſome veſſell vnderneth, for to receaue that ſhall droppe or fall from the layde donge. And yf you can not haue inough in one morninge, doo the like two or three times, or as ofte as you wyll: than whan you haue wel dreaned out the water of this donge you ſhall put into euery pot of the layed water, the bigneſſe of a beane of Roche Alome, and as much gomme Arabick. Than ſtepe what colour you will in it, vſing dyuers veſſels, if you will haue diuers colours, and put in what pieces of wood you will, holdinge them at the fyre, or in the Sunne: and at eche tyme plucke out ſome pieces and laye them apart, leauinge the other in, for the lenger ye let them lie in the water, the more wyll the colour alter. And in this manner you ſhall haue a greate quantitie of diuers colours, the one cleerer, the other darker, and maye vſe it to youre commoditie, to

what vse you list, for they shall be coloured both within and without, so that they will neuer lose their colour, neither by water or any other thinge.

To counterfeyte the blacke woode called Hebenus, or Hebenum, and to make it as fayre as the naturall Hebene, which groweth no where but in India.

Sola India fert Hebenū

ALl kynde of woode that is lyke vnto this Hebene, may be dyed black: but the hardest and the massiuest (as bore and other lyke) are meetest for it, and will be brighter, and aboue all, the wood of a Mulbery tree, as well the white as the blacke, is the beste to be coloured, albeit the blacke be muche more for the purpose. Take than the saied wood, and let it lye the space of three dayes in Alome water, either in the Sunne, or a prety waye of frome the fyre, vntill the water ware somewhat warme: than take oyle Oliue, or Oyle of lyne seede, and put it in a little panne, wherein is the bygnesse of a nutte, of Romaine Vitriole, and as much Brymstone. This doen, seeth your woode in the sayde Oile a certaine space, and so shal you haue a thinge very darke of colour. And the lenger you let it boile, the blacker it will ware, but to much boylinge burneth it, and maketh it brittle, therfore both in thone and other you must be circumspecte, and vse discretion.

To die skynnes blewe, or of the colour of Asure.

HAuinge fyrst well washed the skinne, and than wronge him, take the berries of Walwort, and elder berries, and seeth them in water, wherein Roche Alome was dissolued, passe him once thorowe this water, & let him drie, than passe him again thorow the same water, and being wiped and dried againe, wash him with

cleere

cleere water, than ſtrape out that water with the back of a knife, & once again paſſe it ouer wᵗ the ſame colour, and let it dry, ſo ſhal it be of a very blew or Aſur colour.

To die ſkinnes in chickweede, called in latin Rubra maiore, or Rubra tinctorum, into a redde colour.

HAuing anointed, waſhed, wronge, & layd abroad the ſkin, as is aforeſaied, wete it with water that white wine lees and baye ſalt hath ben boiled in, and than wring him. Take than creuiſes or crabbe ſhelles (be they of the ſea or of the riuer) burned into aſhes, the whiche yon ſhall temper with the ſaid water of the lees and ſalt, and rubbe well the ſkinne therwith, than waſhe him well with cleere water, and wringe hym. This done, take ruddle tempered in water of lees, and rubbe the ſkinne well ouer and ouer with it, and than with the foreſayde aſhes, waſhinge, and wringinge it thre times. Finallye, after you haue waſhed him, and wronge him, if you thinke it be not well ynoughe, you ſhall geue him one dienge with Brayll. The paſte or maſſe of *Rubra tinctorum*, muſt be made with water that lees or tartre hath bene boiled in, and the ſayed water muſt be luke warme, whan you make the paſte of ruddle, than leaue it ſo the ſpace of a night. After this, put vpon the ſayd *Rubra tinctorum*, a lyttle Alome, dragges, or lees, or Alome *catinum*, ſteped in water. You maye alſo adde to it the colour of the ſhearing of ſcarlet, whiche hath bene taken oute boylinge in lye, whiche is a goodly ſecrete.

To die ſkinnes Greene.

ANoint the ſkinne, and waſh him well with cold water, and than in hote water, and ſo wipe & drie him. This doon, take of the graines wherw̃ men make the

Sap green is made with the berries of a Dogge berry tree.

the ſappe (the decoction wherof ſhall be put in thende of this boke, with them of all other neceſſary thinges) and the ſayde graynes or berries muſte be verye rype, than put them in cleare water, couered a fingar heigth, put therein alſo Roche Alome, and geue theim onelye one walwme on the fyre. This doen, ſtrayne them out into ſome veſſell, than take the ſkinne, and folde him in the middle, rubbinge him well on both ſydes, with the ſaid ſodden graines, or berries, whiche remaine in the pan, and after with rawe Alome poulder. This doen, take the aſhes of ſhepes donge burned, and wete it with the ſaied colour that you ſtrained into the ſayde veſſell, and rubbe the ſkinne wel on euery ſide, than cleere him againe of the ſaied graines, and waſhe him with cleere water, and ſet him to drie withoute wipinge him. Fynally caſt on him two glaſſefulles of the ſayde colour, and it will be a perfecte greene.

Another waye to dye ſkinnes greene.

Ette the ſkinne be annoinced, well waſſhed, wronge, and ſtretched oute as before, than take of the ſame graines and berries ye toke before, which you ſhall ſtampe and ſeeth in Roche Alome water, and geue the ſkynne twoo wypes ouer with this colour, and ſo let it dry. After this you ſhal geue him one dying or colouringe of yellowe, made with the graynes, or berries of *Nerprum*, ſodden in water and Alome, and a lyttle Saffron, and you ſhall haue an excellent greene.

To die the ſayde ſkinnes greene another waye.

Take the ſkinne, being annoinced, waſſhed, and ſpredde abroade, dye and colour him with the colour made of ſap greene, and put to it a few aſſhes wette in water, and ſo rubbe the ſkinne

all

all about. And whan you haue washed and wypped hym againe, geue him one wype ouer with and Indian coloure sodden in Roche Alome. And whan it is drye, lay on it of the foresayde yellow, and you shall haue a fayre and liuely greene.

¶ Another waye to dye skinnes of Asure coloure, and fayre.

TAke the skinnes of blacke grapes, and rubbe well your leather with all, vntill it ware somewhat blewe, and also rubbe it well with the poulder of *Indicum*, then washe it, drye, and polyshe it. Than stepe the *Indicum* in thicke redde wyne: and whan the skynne is washed, annoinct him with it, and you shall haue a fayre skinne asured blewe.

¶ Another maner to dye skinnes Greene.

TAke rype elder berries, and the berries of walwort, and of sappe greene, and this well stamped, you shall put to it Roche Alome, as muche as you shall thinke good, but rather to muche than to little: than take the lye, and put into it the saied berries of sappe greene, and seeth them one waulme. This doen, put in the berries of the walwort, or elder, and make them seeth also one waulme, than take them from the fyre, and let them coole, and after rubbe the skinnes with theim. Finallye, ye shall cast vpon them, the ashes of sheepes donge, rubbinge them well with it. After this, geue theim the coloured water that the saied graines or berries were sodden in, than take of the water with a curryers knyfe, and let them dye. And yf you nede to geue theim more coloure, than you maye put in more *Indicum* boyled, and it wyll be the better.

☞ To die neates leather into a greene colour, as well in galle as in leaues.

POlyſhe well the leather with a pommeyſe ſtone, annointe it well with oyle, and waſhe it: than take an vnce or two of galles ſtamped, and put it in hote water, leauing it ſo an hour, than ſtraine it thorow a linen cloth, and put the leather into the ſame water, rubbinge it well with your handes, and leaue it ſo the ſpace of an houre: and hauinge taken it out, wring it, and ſtretch it abroad, & tight it. Than take the graines or berries of *Nerprum*, gathered in July, whan thei be yet greene: drie them, and ſtampe them well, adding therto for euery ſkinne, two vnces of Roche Alom beaten in poulder, and mingled with the poulder of ẏ ſaied berries or graines. Than powre vpon the ſayd poulder boylinge water, and let it coole, this doen, poure of the ſayd water with the ſaid graines vpon the ſkinne, rubbinge it well ouer with the palme of youre hande, than ſtiep the aſhes of goates donge, in the water of the ſaid graines, and with the ſame water rubbe likewiſe the ſkin well with youre hande, after this waſhe him, and ſcrape out the water with a tanners paring knife, than tight him out, and take other ripe graines of ſap greene and ſet them to ſeeth, hole, in water with Roch Alom, and afterwarde let them coole. Than take of the ſayde ſodden berries or graines, and rub the ſkin with theim with your handes, and put of the aſhes vpon it, which you ſhall ſtiep in the ſame greene water, that the ſayed berries were ſodden in. Finallye, you ſhall waſſhe the ſkin, and take out the water with a ſcraping knife, thā you ſhall geue it a courſe ouer of the ſaied grene water with a bruſh or clout meet for ſuch a purpoſe: And than lay him to drie, and trim him, and you ſhall haue a fair greene. If you will haue the coloure darcker, or ſadder, whan you ſet the ſaid graines to ſeeth with the Alom,

you shall put to it a little *Indicum* well brayed. And you must note, that the water must be hote whan you stepe the ashes in it, with the water of the graines of *Nerprũ*.

¶ *To die skinnes greene with the flowres of Irees.*

TAke the fresshe flowres of *Raphanitis*, or *Irees*, and stampe them well, than take the drie graines or berries of *Nerpram*, and with them stampe roche Alome, a reasonable quantitie, whereof a greate deale can do no hurte: put to it a little raine water, and mingle all this with the forsayd flowres stamped. Kepe this colour in some clene vessel, and than take the skinnes, being annointed, and washed as is aforsaid, and put to them the graines of sap greene with the ponder, in the same maner that we haue spoken of the other: washe them, and scrape of the water with a knife, and so let them drye, and geue them one wipe ouer finely with the sayed colour that you kept, let them drie again, then dresse them according to the science, and you shal haue fair leather.

Ireos, a kind of floure de luce called in latin Raphanitis.

✠ *To die bones in a turkishe or redde colour.*

ALl kinde of bones may well be died and coloured, but hartes horne is farre better then anye other. Take than what bone you will, & shape him into what forme you please, and pullish him, and then boyle him in Roche Alome water a good while, letting him afterward drie, than take good greene, and stepe it in goates pisse, and put it in some copper or brasen vessell, well couered, and hide it vnder a dongehil the space of. xb. or xx. dayes, and then shall you finde it verye fayre. You may make the like also with the vrine of a man in stede of the goates pysse. And for to make it redde, put in *Cinabrium*, or Brasyll, in steade of greene: but than you must put it in some vessell of wood or glasse, and not of copper nor brasse.

To die hogges brystels, and other thinges, for to make rubbers and brusshes.

FIrſte waſh well the bryſtels, the take water wherin Roche Alom hath ben boyled, and put the ſayd briſtels therin, and let them lye vntill they take a coloure ſomewhat yellow: than take Chickeweede well ſtamped, and put it in Vyneaygre. Afterwarde ſette a kettle with cleere water on the fyre, wherinto you ſhal caſte the ſaied Chickeweede, with the Vyneaygre and all, and whan it beginneth to boyle, caſt in the bryſtels, and let them ſeeth but a very lyttle whyle, than take of the kettle from the fyre, and let it coole, and ſo ſhall you haue your briſtels of an excellent good colour.

To dye the ſaied briſtels yellowe, greene, or blewe, or any other colour.

FIrſte you muſt waſche them, and let theym boyle in Alome water, as the other before: than take *Liguſtrum*, and ſaffron, if you will haue them yellowe. *Indicum*, or the iuyce of elder berries, or walwort, or els of the flowers of *Ireos*, if you will haue them blew. If you will haue them greene, take paynters greene, and dreſſe them as is aboue ſaied, aſſayinge ſometime if the coloure pleaſe you. And by this meanes you maye dye theim what colour you liſte.

To make a purple, whiche is a coloure wherewith men vſe to make a coloure lyke golde, for to paynte and wryte with.

MElt a pounde of fine tinne, and melted as it is, take it from the fire, and put into it. viij or ten vnces of quicke Siluer, mingle well all together vntil it be like as it were dow: than take a pounde of Brimſtone, and a pounde of Armoniacke ſalte well brayed. Incorporate

all

all this with the sayde dowe of the Tinne and Quicke Syluer, and braye them well together in a morter, or other vessell of wood, or stone, and not of Brasse. Than put al this composition into some violl, which muste be well luted or clayed about the mouth, or so emplaistred that the clayinge or lutinge be higher than the violle a finger height or twayne. Than afterwarde set it so vpon the fourneis, makinge to it a slowe fyre at the first, and after a little bygger, and so you shal mayntayne it, styrringe at tymes with a little sticke that whiche is in the glasse. And whan you see that it wil make a yellow colour, take it from the fyre, and let it coole, and so shall you haue a very fayre purple coloure lyke the colour of golde: Afterwarde braye it with lie, and washe it with pisse, or lie, addinge to it a little Saffron, and stepe it with gommed water, as you shall see hereafter more playnely.

☞ *To make Lacca of Brasyll.*

TAke twoo pailes full of stronge lie, and put in it a pounde of the shearing of fine scarlette, and let it boyle vntill the saied shearinge be all together dissolued and consumed into water: than after poure it into some vessell of wood or stone, and caste into it by little and little, a pounde of Roch Alom, minglinge it well with a sclyser of wood, and poure also to it, by little and little, two payles full of colde water. And after put it in a strayninge bagge, and lette it droppe and trickle out, then put that remayneth in the bagge into some vessell of glasse. This doen, you shall set on the fyre a pounde of Verzine or Brasill cutte in pieces into a payle full of lye, and let it seeth vntill it be diminished the thicknes of a finger, than straine it in another bagge, and let the water that commeth oute be set againe on the fyre, with an vnce of gomme Arabick made in poulder, and let it seeth vntyll it be diminished

halfe a finger: then powre it vpon the fayed compositi-on, that you did put into the veſſel of glaſſe, minglinge well all together with a wodden ſclyſer, than put it in a bagge, and ſtraine it well. The dowe of Uerzine wil remayne in the bagge, whereof you may make rounde apples or balles, and dryc them in the ſhadowe, and it will be parfite.

☞ *To make white tables to wryte in with the poynt of a wyre, ſuche as come out of Germany.*

TAke plaiſter called Gipſum, cribled and ſifted, and ſteepe it, and temper it with hartes glue, or other, and geue your parchment leafe one touch with it, and whan it is dry, ſcrape it, that it may be euen and bryght, and couer it ouer againe with the fayed plaiſter, called Gypſum, and ſcrape it as before: than take Ceruſe, well brayed and ſifted, and ſteepe it with the Oyle of line ſeed ſodden: Annoint your tables with this mixtion, and let it dryc in the ſhadowe, the ſpace of fiue or ſixe dayes. This doen, take a cloute, or linnen cloth wete in water, wherewith you ſhall flicke and make ſmoeth the ſaied tables, but the cloth muſte fyrſte be wronge hard, and the water preſſed oute, then leaue it ſo the ſpace of. xv. or xx. dayes, vntill it be the rowe dryc, than applie it to your vſe.

☞ *To make roſet, or ruddle.*

TAke an vnce of Braſill broken ſmall, a quarter of an vnce of Ceruſe, and a quarter of an vnce of Roche Alome, mixe all theſe thinges well to gether, and ſtampe them well, than poure pyſſe vpon them, vntil they be al couered with it, leauinge it ſo the ſpace of. iii. dayes, and mixing it. iii. or. iiii. times a day. Afterward ſtraine it thorowe a linnen cloth, and put it in a pan not leaded, or in a morter of white ſtone and let it dryc in a place where there commeth neyther

Sunne

Sunne nor day lyght: than scrape the saied roset, and kepe it, and whan you will write withall, steepe it in gommed water.

To gylt ouer parchement, leather or other such work, which men vse in steade of hangynges, or tapistry.

TAke thre pounde of the Oyle of lyne, *Vernix*, *Pix græca*, of eche a pound, halfe an vnce of Saffron poulder. Boyle all this in a panne leaded, so muche, and soo longe, that puttinge into it a hennes feather, and taking it by and by out agayne, it seeme as it were burned. Than take it from the fyre, and take a pound of *Aloe epaticum*, of the best, well made in poulder, and caste it in by little and little, styrringe it incontinent well together with a stronge sticke: for otherwise it wouldc swell and ryse vp a lofte. And yf in case for al the styrringe it rise vp, take it of the fyre, and let it stande a while, and than set it on the fyre agayne, makinge it boyle a new, styrring it alwayes diligently. And whan all is well incorporated together, take it frō the fyre, and let it rest a while, than straine it thorowe a linnen cloth, into some other vessell wherein you will kepe it, and it is made. Nowe, if in steade of Saffron, ye did put to it of the yellowe seed which is in the flowres of Lillies, you shall make it muche better and fairer. Whan you will gylte the parchemente, you shall geue it a grounde or situation with the white of an Egge, or Gomme, wherevpon you shall laye siluer or tinne leaues, but it shall not be so fayre with the leaues of tinne, as with syluer. Than lay the sayde *Vernix* hote vpon the parchement, or leather siluered, and you shall see immediately a coloure of golde very fayre. Lette it drye wel in the Sunne, and print it, than paynt it with what colour you wyll.

To dye Crimson sylke.

Fyrste

Irſte cutte in ſonder, or ſcrape harde Sope ſmall, and melte it in common water, than take your ſylke in a lynnen bagge, or of ſyne canueſſe and thynne, and put it into a kettle with the ſayde water & Sope. Let it boile halfe an howre, ſyrringe it that it cleaue not to the kettle, then take it out, and waſhe it in ſalt water, and after in freſh water. Take alſo for euery pounde of Silke, a pounde or more of Roche Alome alayde in colde water, and ſee there be water ynough, into the whiche you ſhall put the ſayde ſylke withoute any bagge, and without ſettinge it on the fyre, leauing it ſo the ſpace of eyghte houres: than take it oute and waſhe it in freſhe water, and after in ſalte water, then agayne in freſhe water, and let it not drye, but putte it wete as it is in a kettle with the Crimſen, well ſtamped and ſyfted, that is to ſaye, three vnces for euerye pounde of ſylke. If you will haue the ſylke of a higher colour, take foure vnces of it, and boyle it in as muche water as will couer the ſylke, and that the water be aboue it foure or fiue fyngers high, and for eche pounde of the ſayde Crimſen, you ſhall putte in three vnces of ſmall galles of Iſtria, well beaten into poulder: or in ſtede of them, you may put in halfe an vnce of Arſenick Criſtaline, for euery pounde, whiche wyl make the colour fayrer, but it is daungerous becauſe of the ſmoke, and all inconueniences that maye happen, where ſuche water maye fall. And whan it beginneth to boyle, put into it your Sylke, prepared and ordered as is afore ſayed, and let it boyle a quarter of an houre. Finallye take it of, and lette it drye in the ſhadowe, and you ſhal haue an excellent thinge.

To prepare and trymme Braſyll, for to make of it four diuers colours.

Put

PUt Brasyll in as muche cleare water as ye will, and seeth it vntill it be diminished of the thyrde parte, or at the leaste vntyll the colour please you, that is to saye, that it be very redde, then deuide this colour into. iiii partes: and if of one of the partes you will make roset, put nothing to it, for the colour will be suche of it selfe. If you will make the other part blewe, put to a lyttle Lime water, and yon shall haue very fayre blew: mary the Brasyll muste be luke warme. If you will make it Violet, put lye to it: but if tawny, you shall putte to it *Alumen fecis.*

☞ *To make roset of Brasyll another waye.*

TAke a potte of water, and put in it the bygge nesse of a Walnutte of vnsleaked Lyme, leauinge it so the space of a nighte, then take as muche Brasyll, bruised and broken, as will fyll the vessell, that you wyll boyle it in, halfe full: than poure into it the sayed water with the Lyme wel strained, and lette it so stepe in the sayed water, the space of foure howres, makinge it afterwarde boyle vntyl it be come to halfe, than bowe downe faire and softly the vessell that you boiled it in, and drawe oute the coloure into some other cleane vessell, puttynge to it the quantite of a Cyche Pease of Roche Alome, well brayed, and putte it in whan it is verye hote: than shall you haue a goodly thinge to do withall what you will. If you wyll wryte with it, adde to it a little Gomme water. If you wyll make it Blewe, putte to it three vnces of Lye, more or lesse, into a vessell, and you shall haue a very fayre blewe.

☞ *To make beyondesea Asure, without Lapis Lazuli.*

TAke an vnce of Syluer, calcined or burned with *Aqua fortis*, and an vnce and a halfe of ſalt Armoniack, mire all well together with vynayger, and lette it clarifie a lyttle. If the Vynayger be more than the ſayd thinges, take away that is to much, and put the reſt in a veſſell well leaded, and well ſtopte, that the ſubſtaunce haue no vente oute, leauinge it ſo xxb. dayes, and at the ende you ſhall finde verye fayre Aſure.

To make a grene colour to write or paynt with.

TAke Verdegriſe, Litarge, Quicke Syluer, and brayе all this together with the piſſe of a younge chylde: and than write or painte with it, and you ſhall ſee an excellent colour, as it were an Emeraulde.

To braye fyne golde, wherewith a man maye write, or paynt with a penſyll.

TAke golde leaues beaten, and foure droppes of hony: mire it wel together, and put it in a glaſſe. And whan you wyll occupie it, ſtiepe and temper it in Gommed water, and it will be good.

The ſame another waye.

TAke as muche as you will of the leaues of golde or ſyluer beaten, and laye it abroade in a large cuppe or glaſſe, as euen as you can, and wette it with cleare water, than braye it with your fingar, wetinge ſometyme your fyngar, but ſpreade it not to muche abroade in brayinge it, and continue thus doynge vntill it be well broken, puttinge vnto it alwayes water. And whan you thinke it is broken and brayed ynoughe, fill the cuppe with cleane freſhe water, and ſtyre it well, than let it repoſe halfe an houre: After this ſtrayne the water, and you ſhall finde the golde in the

the bottome of the cuppe, the whiche you maye drie at youre pleasure. Whan you wyll putte it in experience, steepe and temper it with Gommed water: also you must kepe it well covered, that it take no fylth. This is the beste waye that is, to make brayed or pownned Golde.

☞ *Another waye with Purpurine.*

TAke Purpurine, which you shall fynde to be sold, or that you haue made youre selfe in the manner aforesayde, than put it in a dysh, with pysse or lie, and dippe it well with your fingar little and lyttle: afterwarde fyll the dyshe with pysse or lie, and let all setle downe into the bottome. This doen, styrre it agayne, chaunging often the sayd lie, vntill all be as you would haue it, and finelye beynge broken and pounned, and that the last pysse or lye be as cleare as whan you dydde put it in, and after you haue strained it oute, you shall put to it a lyttle Saffron, and temper it with Gommed water. Than maye you wryte, paynt, or do any thinge elles with it.

¶ *To make a grounde to gylt vpon, with burnished golde.*

TAke Gipsum, the quantitie of a Walnut, Boale Armenicke, the byggenesse of a Beane, Aloehepaticke, Sugre candy, of eche of theim the quantitie of a Beane, stampe them by them selues, and puttinge the one vpon the other, you shall put to it laste of all a little Cinctte, or honny.

☞ *To laye or settle golde with a single grounde.*

TAke fine Gipsum, *Aloe Epaticum*, Boale Armenick of eche like quantitie, and temper it with the whites of new layd egges, which you haue strained thorow a linen cloth, & if your ground be to stronge

you maye temper it with water.

Another waye to laye on golde.

TAke Gommed water, and with the ſame onely put golde, and the layed grounde will be good vpon parchemente, or vppon ſkinnes, the lyke maye you make with the whites of newe layed Egges, and with the milke of figges alone.

To make colours of all kynde of metalles.

TAke Criſtall, or paragon ſtone, and braye it well with the white of an Egge, and than write with it, and whan it is drye, rubbe the writynge with golde, or any other metall, and you ſhall haue the ſame coloure that the metall is of.

To laye golde on a blacke bottome or grounde.

TAke the ſmoke of a Lampe, and powne or braye it well with the Oyle of line, or of Walnuttes. And whan you will laye the golde vpon the layd ground, ſe that it be neither to moiſt nor to drye.

To make letters of the colour of golde, without golde.

TAke an vnce of Orpimente, and an vnce of fyne Criſtall, and braye theim eche one by him ſelfe, than mingle theim together with the whites of Egges, and wryte with it.

To make ſyluer letters without ſyluer.

TAke an vnce of Tynne, two vnces of quicke ſyluer, and melte theim together, than braye theim with Gommed water, and write with it.

To make greene letters.

TAke the iuyce of Rue, Uerdegrise, and Saffron: braye them well all together, and wryte therewith with Gommed water.

To make white letters in a blacke feilde.

TAke the pure mylke of a Fygge tree, in a glasse, and set it in the sunne the space of halfe an hour: than alaye it, or temper it with Gommed water, whan you will occupie it. And whan you haue written with it, blacke the paper with incke, as muche as you wyll if the paper be greate: and whan it is drye, rubbe it well with a linnen cloth. Than the letters that you made with the mylke of the fygge tree, will go of all together, and the paper wyll remayne written white, because it was kept and preserued by the same mylk, from the yncke, where the letters were. The lyke maye you make with the yelke of an Egge, tempered in water, with the whiche you maye wryte also: And whan the writinge is drye, rubbe wel the paper ouer with incke, as before. And whan it is drye, rubbe the sayde letter, made with the yelke of the Egge, with some lynnen cloth or knyfe, and they will goo of, and leaue a whyte space, whereby you shall haue fayre white letters in a blacke paper.

To make a greene colour for to write and paynt withall.

TAke greene byse, and stiepe it alone in Aynaigre, and passe it thorowe a linnen cloth, and braye it well vpon a Porphire stone, with cleare water, and put to it, in brayinge it, a little honny, and lette it drye well, than braye it againe wel with Gommed water, and it will be perfecte.

To trimme and dresse Asure.

Azure is brayed with hony, as greene, but ye nede not purge it otherwise: temper it with ỹ whites of Egges beaten, or with the water of glewe, and not of Gomme. The water of glewe, is made with parchement glew, cleare and mollified, and strained as Gomme is.

To dresse or trimme Cinabrium, for to wryte or paynt with.

Bray well the *Cinabrium* vppon a Porphyre stone, with cleare condite water, than let it drie, and putte it in an vnckehorne, or glasse, but it is better in an inckhorne in winter. After this poure pisse into it, minglinge it well together, and leauinge it so vntyll nyght, vntyll all the *Cinabrium* be gone to the bottome: than chaunge the pysse, and do as before, leauinge it so vntyll the nexte morninge, chaunginge so the vrine or pysse foure or fyue dayes, vntyl al be wel purged. Than take the white of an Egge well beaten, vntyll it be brought into cleare water, whiche you shal poure vpon the *Cinabrium*, so that it be more than a fingar aboue it: After mire well al together with some sticke of a Walnutte tree, or elles with some little bone, than lette the *Cinabrium* descende downe to the bottome, and do with this as before with the pysse, the space of two or three dayes, and this will take awaye all the sauoure of the pisse. This doen, ye shal put another whyte of an Egge and mingle all well together, and than it will be perfyt: you must kepe it well stopped. At euerye time that you will occupie of it, styre it well: and whan the white of the Egge is so dressed, as is declared, it neuer corrupteth.

A grounde to laye golde vpon anye mettall or yron.

TAke *Vernix liquida*, a pounde, Turpentine, Oyle of lyne, of eche of theym an vnce: myre well all together, and it is made.

☞ *To gylte the edges of bookes.*

TAke the quantitie of a Walnut of Boale Armenicke, the byggenesse of a Cyche pease of Sugre Candye: braye them drye the one with the other, and putte to it a little of the white of an Egge well beaten, than mingle well all together. This doen, take the booke that you will gylte, whiche muste be wel bound, well glewed, euen cutte, and well polished, set him fast in the presse, and that as euen and as righte as you can possible. Then with a pensill geue him a wype ouer with the white of an Egge well beaten, and let it drye, than geue him also another with the sayd composition. And whan it is well dryed, scrape it, and pollish it wel. Last of all when you will laye on the Golde, wette the sayde edges with a little cleare water, with a pensill, and than incontinent put on the golde leaues, cutte in that biggenesse they ought to be, and whan it is drye, pollyshe it with a dogges tothe. This doen, you maye make what worke you will vpon it.

☞ *To kepe whites of egges as longe as a man will without corruptinge, and without putting Arsenick to it. A secrete not muche knowen.*

TAke the whites of Egges, not breakinge them in any wise, and put to them as muche white Vynaygre as shall suffise, that is to saye, a reasonable quantitie, leaue it so the space of twoo dayes, than passe it thorow some linnen cloth, without breakinge or beatynge the white of the Egges, leauinge it so the space of eight dayes, than strayne it agayne, and put it in a violle well stopped, for to occupy whan you haue nede.

The

The maner howe to make the grounde or foundation for Indicum.

TAke Gomme Armoniacke three partes, Gomme Arabick one parte, *Serapinum*, a fourth part, ſteepe theſe in Vynaygre, vntyll they be very ſofte, than mire them well, and ſtraine them thorow a linen cloth, and it wyll be verye good to occupye whan you haue neede.

Another perfyt grounde for the ſame thinge.

TAke Gomme Armoniack an vnce, Gomme Arabicke three vnces, and ſteepe it in Vyneaygre the ſpace of a daye and a nighte, than take the biggeneſſe of a Walnutte of good yellowe Honnye, and a Garlyke heade, well pilled and made cleane, and well ſtamped. Boyle all theſe thinges together in ſtronge Vynaigre, puttinge to it a little *Aloe Epatic*, and lette it boyle a good while, than ſtraine it thorow a linen cloth and wringe out well all the ſubſtaunce of it. And if you thinke it be liquide or ſoft, or to cleare, boile it agayne, vntill you thinke it is thicke inoughe, than kepe it in a glaſſe, or veſſell of earth leaded, or of bone. Whan you wil gilt any thinge, anoint it fyrſt with this compoſition, with a penſill, and rub it wel, ſo that the ingraving be not filled, & leaue it ſo as long as you wil: than, whā you will lay on the leaues of gold, blowe a little youre breath vpon the ſaied foundation or ground, and ſet on the ſaied leaues of gold, diſpoſing and ordringe theim as is requiſite, preſſing them wel downe with a penſil, or with a little wol or bombaſe, and than ſhal you haue a very excellente giltyng.

☞ *A goodlye waye howe to make Golde and Syluer in poulder, a thinge eaſye to be done, and there wyll come of it an excellent coloure. This is a verye rare ſecrete, whiche hath not bene vſed nor knowen vntyll this preſent.*

Take

TAke leaues of golde a crowne weighte, or as muche as you will, and set it to the fyre in some little cleane pan or pipkin, and in another vessell you shall put foure times as muche in weighte of quicke siluer, a good waye of from the fyre, so that it may but onely warme a litle, for otherwise it mighte vanishe awaye. Let not the leaues of golde take so muche heate, that thei melt, but let them ware almost redde. This doen, take them from the fyre, and the quicke syluer lykewise, whiche you shall poure hote vpon the leaues of golde, and incontinent mingle them well together with a litle stick, the space of a *Paternoster*, and poure it afterwarde into a dyshe full of cleere water, and you shall haue a dowe of the saied golde and quicke syluer, but the coloure of the golde will be so darkened and obscure, that a man shall perceaue and see nothinge at all. And this is the dowe that the Goldsmythes call *Amalgama*, and the learned men *Malagma*, whiche is a Greke word, and being corrupted of the Arabians, was chaunged into *Amalgama*. Also you may make this colde, in brayinge the leaues a good whyle with the quicke syluer vppon a Porphyre stone, vntyll all be mired and ioyned together. And brayng it also with stronge Vinagre, or the iuyce of Lemons, it will soner be made, and wyl incorporate and come together the better, than muste you washe it twise or thrise with cleare water. Nowe, how soeuer you haue made this dowe, or *Amalgama*, you must strain it thorough a lynnen cloth, fyne and thicke, to the intente that a parte of the quicke syluer maye go thorow: or elles straine it thorough a wylde goates skynne, or a lambes skinne, whiche is farre better, and presse it harde, to thintente there may come out as much quicke syluer as is possible. Than take that remayneth in the cloth or skynne, and put to it halfe as much fayre quick Brymstone citrine. Fyne stampe well the Brymstone and mingle it with the saied paste or dowe: and beynge so myngled, sette it on the fyre in a dysshe or yron ladle.

leauinge it so vntyll all the Brymstone be burned, and all the rest yellowe. Than let it cole, and put it in a dish washynge it so often with cleare water, tyll you haue a fayre colour of Golde. Than kepe it in some glasse or earthen vessell leaded, as you do the other punned and brayed Golde, and whan you will put it in experience, stiepe it in Rose water, or other, wherin you shal haue mollified or dissolued some cleare gomme Arabicke. Than dresse and order it to write or paynte with, and you shall haue an excellent thinge. Whan you haue written or painted, beynge once drye, you maye burnishe it with a dogges toeth, whiche you can not do to the other brayed or punned golde, that Scriueners and Painters nowe a dayes do vse. This secrete hath bene practised of the olde and auncient writers, as we see in some of theyr bokes. But nowe you must vse the practise to burnish it, layinge a white paper vpon the gold, and rubbinge fyrste vpon the saied paper with the dogges toeth. And if you thinke that it is not yet burnished ynoughe, you maye burnishe it once agayne, with the toeth vpon the Golde without the paper betwirt.

To make a verye fayre Vernix, to vernishe the saied golde, and all other workemanshippe.

TAke Bengewine, and bray it the beste you can betwirt two papers, than put it in some violle, and poure vpon it good Aqua vite, that it be aboue the Bengewyne three or foure fingars hygh, and leaue it so a day or twaine, than put to it, for halfe a violle of suche Aqua vite, fine, or sire blades of Saffron slenderly stamped, or elles whole. This doen, straine it, and with a pensill Vernishe therewith anye thynge gylted that you will, which wil become bright, and fayer, dryenge it selfe immediatelye, and will continue many yeares. Nowe, if you will dresse Syluer in suche a manner, do euen with the siluer leaues as you did with the Golde, if not, in steede of Brimstone you shall

shall take white commun salte, then dresse the Vernish in the foresaied manner, puttinge to it the Almonde of Vengewine, that is to saye, the white that is founde in the middes of Vengewine, and put in no Saffron at all. And the saied Vernishe of Vengewine, and Aqua vite, without any other thinge, is very good to vernish all thinges, as well painted as not painted, and also to make tables and coffers of Walnutte tree, and Hebene to glitter and shine, and of all other thinges: Lykewise workes of Copper gilted, and not gylted: for it maketh bright, preserueth, aydeth the colour, and drieth incontinent, without takinge any dust or fylth, but that you may make it clene with a linnen cloth, or with a fores talle, whiche is better, as if it were not vernished at al.

To bray or break golde or syluer easely after the comon maner that the best workmasters do vse.

TAke what golde leaues you will, and incorporate them wel in a cuppe of glasse, with Julep roset, stirringe it well with your middle finger, little and little. And when all is incorporated together, braye it well vpon a Porphyre stone, than poure by little and lyttle, clere water vpon the saied stone, miring it alwais: After strain the saied gold & Julep, into a dish, or cup of glasse, and washe well the stone that there remaine nothinge. Than stirre all with your finger in the saied dishe, and let it so repose: after, poure the water out, and putte in other freshe, cleere, and warme, and washe it so, vntyll all the Julep be washed and clensed oute, and that the water (putting it in your mouth) be in no wise sweete, than let it drie. This doen, you shall put it in a cuppe of cleane glasse, and rake out a fewe hote embers a good way from the fyre, that the glasse breake not, whereupon you shall set the saied cuppe, vntyll the gold ware very hote, and be retourned to his naturall colour. Finally temper it with gommed water, for to put it in experience.

To make a lycoure, that maketh a golden coloure without golde.

TAke the iuyce of Saffron flowres, whan thei are freſhe vpon the plante, and if you can get none, take Saffron dried, wel made in poulder, and put to it as muche yellowe and glifteringe Orpiment, that is ſcaly, and not earthy: than, with the gall of a hare, or of a Pike (whiche is better) braye them well together. This doen, put them in ſome violle vnder a dongbyll certayne daies, then take it out and keepe it, and whan you will wryte with this licoure, you ſhall haue a fayre coloure of Golde.

Another licour of the colour of Golde, for to wryte and to gylte yron, woode, glaſſe, bone, and other lyke thynges.

TAke an egge layed the ſame day that you begin to make this, the whiche egge you ſhall open at one ende, and take out all the white, than take two partes of quicke ſyluer, and one parte of ſalte armoniack, that is cleane, and well beaten: and of theſe two thinges, you ſhall put as much vpon the yelk of the egge that remaineth in the ſhell, as will fyll it vp againe: than mingle well all together with a lyttle ſticke. After, ſtoppe the ſayed egge with the piece that you tooke of, cloſinge it well with a piece of ware, that nothing may enter into it, nor any thinge iſſue oute. Than laye it vnder horſe donge, right vp, the open ende vpwarde, this doen, take another halfe egge ſhell, and make as it were a couer or a cappe vpon the ſayed broken ende, coueringe it with dunge, and leaue it ſo the ſpace of twenty or fiue and twentye dayes, and ſo ſhall you haue a very fayre coloure of golde, for to write, and to do what you wyll withall. And if the ſayed ſubſtance be to harde or to thicke, you may breake it, or temper it with gommed water.

Another

☞Another goodly licour, to make a golden coloure with little coſt, and is a thinge eaſye to be doen.

TAke the pilles of Citrons, or Orenges very yelow, and cleere the well of the white that is within ſyde, than ſtampe them well in a morter of ſtone, or woode, well made cleane, and take good yellowe Brimſtone, cleare and brycht, and well beaten in poulder, whiche you ſhall mingle with the ſaied pilles ſtamped, ſtampinge well all together. This doen, you ſhall putte all this into a violle, and kepe it in a depe ſellar or caue, or in ſome moyſt place, by the ſpace of. viii. or. x. days. Finallye, you ſhall heate it agayne by the fyre, and then write or paint with it, and you ſhal finde it a very excellent coloure of Golde.

☞To make yncke, or a colour to wryte with, in a verye good perfection.

TAke good Galles, and breake them in three or foure pieces, that is to ſay, ſtampe them ſlightly, and put them in a fryinge panne, or ſome other yron panne, with a litle Oyle, frieng them a litle, then take a pounde of them, and put it in ſome veſſel leaded, pouringe into it as muche white wine as wyll couer it ouer, more then a good hand breadth. After, take a pounde of Gomme Arabick, well ſtamped, and eyghte vnces of Vitriole well made in poulder: myxe all well together, and ſet it in the ſunne certaine dayes, ſtering it as often as you may: then boyle it a litle if you ſe that you haue neede, and after ſtraine it, and it will be perfecte. And vpon the lees that ſhall remayne in the bottome, you maye poure other wine, and boyle it a litle, and ſtrain it. You may put wine vpon the ſame lees as often as you will: that is to ſay, vntil you ſe ỹ the wine whiche you put in, will ſtaine or be coloured no more. Then, mingle al the ſaied wine, wherunto you ſhal put other galles, gomme, and vitriole, as at the beginning

the keping it in the Sunne, you shal haue a better inck then the fyrste, and do so euery day, for the oftener you do it, the better you shall haue it, and with lesse colle. And if you finde it to thicke, or that it be not flowinge ynough, put to it a lyttle cleare lie, whiche will make it liquide and thinne inoughe. If it be to clere, adde to it a little gomme Arabick. The galles must be smal, curled and massiue within, if they be good. The good vitriolle is always within of a colour like vnto the elemēt. The best gomme, is cleere and brittle, that in stamping it, it becommeth poulder easely, without cleauing together.

A good waye and maner howe to make incke for to carry about a man in a drie poulder, whiche (whan he wil write with) he must temper with a little wyne, water, or vynaiger or with some other licour, and than he may incontinent put it in experience. Vvyth the said poulder all other incke maye be amended, be it neuer so euill.

TAke Peche or Abricot stones with their kurnels, swete Almondes, or bitter, so that thei haue their shelles harde, and that the Almondes be within them. And if in case you can gette but the saied stones without they kurnels, it shall be good ynough, but yet not so good as with the kurnels. Take then all the said thinges together, or those that you can get, and burne them vpon the coales: and whan they be very redde and enflamed, take them out, and thus beinge reduced and made into verye blacke coales, kepe theim in a panne. Take likewise Rosin of a Pine tree, and putte it in a panne, and make it flame and burne: than take another little scillette, or elles a lyttle bagge holden open, with little stickes layde a crosse ouer it, or otherwise, as you shall thinke good, and hold the mouth of the bagge downewarde ouer the flambe, so that the smoke of the saied Rosin maye gather together, and sticke rounde aboute the saied panne or bagge, and whan al the Rosin is burned, and all colde againe, rause all the sayd smoke

to

to fall vpon a paper, or table, or some other thinge, and kepe it, but if you will not take the paines to make this smoke, bye it of them that make printers incke. Of this blacke or smoke, you shall take one part, or what quantitie you will, of the coales of the saied stones another part, of Vitriole one parte, of fried galles, as is afore saied, two partes, of Gomme Arabicke foure partes. Let all these thinges be well stamped, sifted, and myngled together, and then kepe well this poulder in a linnen bagge, or of leather, for the older it is, the better it will be. Whan you will occupie it, for to make yncke thereof, take a little of it, and temper it with wine, water, or Vynaigre, the whiche beyng put into it warme, the yncke shall be the better, neuertheleſſe, beinge put in colde, it maketh no great matter, and you shall haue immediately very good incke, whiche you maye carrye where you will without spillinge or sheadinge. If you haue naughty inck, put to it a little of the sayd poulder, and it will becomme immediately very good black, and haue a good gloſſe.

To make a great deale of yncke quickly, and with little coſte.

TAke of the blacke that Curriers or tanners doo black their skins with, for you may haue much for moneye: than take of a fyshe called a Cuttle, whiche costeth almoost nothinge, and chiefly in places nighe to the sea side, and in eating the saied fishe at diuerse times, you maye keepe the galles together. Than myngle the saied galles with the Tanners colour, and without anye other thinge, you shall haue a perfit Incke. To make it yet better, you maye putte to it of the saied poulder made of the coales of Vitriole, of Galles, and of gomme, and the sayd Incke shalbe very good to print in copper, putting to it a little vernir, & a little oyle of line, so that it may be liquide and fitting of it selfe, for to pearce the better into all manner of engra-

engrauinges, and that it maye abide well vpon the paper, without renninge abroade.

✠ *To make Printers Incke.*

Printers Incke is made onelye with the smoke of Rosine, as is aboue saide, and is tempered with moist Vernish, you muste seeth it a little, to make it liquide or thicke, as you shall neede. But in Winter moister then in Somer: and alwaies the thicker maketh the letter fayrer, blacker, clearer, and brighter. But in what maner so euer it be, it muste be euer well mired with the smoke. And to make it liquide, as is saied, you must put to it more oyle of line, or of Walnuttes to the vernyshe. If you wyll make it thicker, put lesse Oyle, and more smoke, lettinge it seeth more. If you wyll Printe redde, in steade of the saied smoke, mingle Vermillion well brayed, with the sayed Vernishe. If you will Printe greene, put in greene Bice. If you wyll make it Blew (as men haue done somtime heretofore) take Azure of Almaine, or of that of glasse, whiche is nowe made at Venise, doing in all poyntes as we haue spoken of the blacke incke.

✠ *To make yncke so white, that although a man write with it vpon white paper, it may easelye and perfytlye be redde. A very goodly thinge.*

Take the shelles of newe layed egges, verye white, and wel washed, then bray them well vpon a cleane marble stone, with cleare water. Put them in a cleane dysh, vntill the poulder descende to the bottome: after dreane oute the water lightlie, and lette the poulder drie of it selfe, or in the sunne, and so shall you haue an excellente white, that neither

neyther Ceruse, nor any other white in the world may be compared vnto it, if you dresse it, and kepe it cleane. And whan you will occupie it, take gomme Armoniac well washed, and mollified of that yellowe skynne that is about it: then stiepe it the space of a night in distilled Vynagre, and in the morninge you shall finde it dissolued, and the Vynagre shall become whiter than milke: the whiche you shall strayne thorowe a cleane lynnen cloth, and with a little of this white licour you shal temper the sated poulder, and than wryte or paynt with it, and you shall haue a whyte, excellente aboue all other sortes. A noble woman of Italye vsed no other thynge to blaunche her face: and kepte her self very white with al, and yet it appeared not that she vsed any such thing. Also the sayd poulder hurteth nothinge at all the face, nor the skinne, nor yet the teeth, as the sublime, the Ceruse, and other like thinges do, whiche gentylwemen ofte vse, to theyr great detriment and hurte. But if you will vse the sated white made of egge shelles vpon your face, you must brayе and consume it very fyne, and that it haue almoste no palpable substaunce, and that it may be penetratiue and pearsinge, to thintent it maye continue. In the whiche thinge euery man may proue and assaye what his witte is able to do. But aboue all thinges, whan you wil vse it for the face, it is necessary that you put to it the thyrd part of calcined and burned Talchum, as we will shewe you in the booke folowinge.

To make a poulder to take of blottes of ynke, fallen vpon the paper, or elles the letters and wrytinge from the paper: whiche is a rare secrete, but yet profytable.

TAke Ceruse well brayed, and make thereof a dowe with the milke of a figge tree, then let it drie: afterwarde brayе it agayne, and dryе it as before, and so seuen tymes: then keepe it so in poulder. And whan you wil vse it to take out blottes, or

letters out of paper, take a lyttle linnen cloth wette in water, pressinge and wringinge the water oute, then spreade it abroade vpon the place where you woulde haue it, and leaue it therevpon vntill the paper and the incke be moyste with all: than take awaye the wette cloth, and vpon the blotte or letters that you will haue taken awaye, put a little of the said poulder of Ceruse, leauinge it so the space of a nighte. In the morninge, you shall take a linnen cloth cleane and drye, wherwith you shall rubbe of softlye and finelye the saied poulder, and the paper wil remaine exceding white for to wryte vpon agayne, as well as before, and better. And if al be not well rubbed of at the fyrst time, you may do it once againe, and you shall not fayle.

To make a kinde of vernish, but much fayrer, and better than that whiche Scriueners do vse, and is of lesse cost, and stinketh not as other vernish doeth.

The Vernishe whiche Scriueners commonlye vse, is nothinge elles but the gomme of Jeniper made in poulder, and of the same is liquide vernishe made, in boylinge the saied gomme in the Oyle of line, and of this poulder do Scriueners vse to cause that the incke runne not abroade, and that the letter be the fairer and cleaner. Now for to make a poulder of like effecte, and verye fayre, with lesse coste, and without any euil sauour, take Egge shelles what quantitie you wil, taking away the little skinne within side: and whan you haue grossely stamped theim, put theim in a panne that will endure the fyre, coueringe it with some couer, then set it in some glasiers or potters furneis, or in a bricke, tyle, or lyme makers kylle, leauing it there vntyll all the shelles be come into a verye white poulder, whiche is called Egge lyme: syfte it, and kepe it. And whan you will occupie it, caste a little of it vpon the paper, or parchement, and spreade the poulder wyll vpon it, rubbing it wel with a Hares fote, or other wise

then

then takinge awaye that is to much, write vpon it, and you shall finde it of better effecte then the *vernix*. When the writinge is drye, if your will take awaye the saied poulder, yea the common vernishe, for feare leaste men shoulde white theyr handes, rubbe the paper or parchement with crommes of white breade, for it wyll drawe to it selfe, and take awaye all the vernishe or poulder that is vpon it.

To make incke to rule paper for to write by, wherof the writinge being drie, the lines maye so be taken out, that it shall seeme ye haue written without lines.

TAke Paragon stone, stampe and bray it wel, then take the bygnesse of a little nutte, of the fayrest tartre or lees of white wine, calcined and burned, settinge it to steepe and dissolue in a dyshful of clere water, and than straine it oute. And with this water you shall temper the blacke poulder of the Paragon stone, vntill it become like incke, with the whiche you shall rule your paper, or parchement: and write vpon those lines what you will with common incke. And whan the writinge is drye, for to take out the saied lynes, you shal take harde crommes of white breade, and rubbe youre paper ouer with them, and the lines that you haue ruled, wyll go out, as cleane as thoughe there had neuer bene line at all. This is a goodly secrete, and very rare.

The ende of the fyfte booke.

THE
Secretes of the reuerende Maſter Alexis of Piemount.

THE SIXTE BOOKE.

To ſublime Quicke Syluer, that is to ſaye, to make common ſublyme, that Goldſmithes, Alchemiſtes, and Gentilwemen do vſe, and that men vſe in many thinges concerninge Phiſycke.

TAke a pounde of Quicke Syluer, and put it in ſome veſſell of wood with a little Vynaygre, and Salte Peter, than brayе it, and moꝛtifie it well with a wodden peſtell. Than take halfe a pounde of commen ſalt, foure vnces of Salt Peter, and let all this be well brayed, and put vpon the Quicke Syluer in the ſame veſſell of woode, ſtyꝛringe well all together, puttinge to it twoo pounde of Roche Alome burned. Incoꝛpoꝛate well all this together, and put it in a violle, oꝛ ſome potte, luted and clayed a finger higher then the ſubſtaunce within is. Then put it, and diſpone it, in a panne oꝛ ſcillet, vpon ſifted aſhes: than ſet the ſaied panne on the furnes, ſettinge the Limbecke vpon the violle oꝛ potte luted, and then the recipient, to receaue that diſtelleth out, as men do in all maner of diſtillations. Make to it at the fyꝛſte a ſlowe fyꝛe, vntyll all the moyſture be dꝛawen out, whiche you ſhall take out of the recipient, and kepe well, foꝛ it will be good foꝛ many thinges, and ſpecially foꝛ to moꝛtifie other Quicke Syluer, to make other ſublime. This doen, make your fyer greater, and continue it ſo, vntyll you ſee Mercury oꝛ Quicke Syluer, to be ſublimed thoꝛowly whyte, that is to ſaye, that it be ryſen

ſen aboue al the ſubſtance, and made as it were a white cake. And if you will make it higher, that is to ſay, vnto the necke and brimme of the violle or pot, then take a ſheete of paper, and wrappe it rounde about the violle or potte, that is to ſaye, aboute the body of it that is vncouered aboue the furneis: then encreaſe your fyre, and make it greater, and this white cake wyll riſe by little and little, and will cleaue to the brimme of the pot, remaininge there lyke a little belle of white ſublime, then let it coole. Than take of the recipient, and lyfte vp the Limbecke, makinge the pot cleane without ſide, to the intent that whan you break it, there fal no filth among the ſaied ſublyme. This done, breake the violle or potte and in takinge of the ſublime, you muſt kepe it from the ſmoke, and in this ſorte you may make a loafe or cake of a hundred, or two hundred pounde, or as muche as you wyll, kepinge alwaies the proportion of the quantitie of the thinges, accordinge to the weighte here aboue written. The lees that remayneth in the bottome of the ſayd potte or violl, may be ſtamped and diſſolued in boilinge water, and than ſtraine it, and lette it ſeeth, and than drie thorowlye: there will remaine in the bottome a ſalte, whiche will be of the nature of the Salt Peter, of the common ſalte, and of the Alome that you did put in. And the ſayde ſalte will be very good to make other newe ſublime, with other Quick Siluer, and vinaiger: or elles in ſteade of Vynaigre you maye take the foreſaid water that diſtilleth in the ſublimation, and ſo ſhal you make it very perfitte. And you muſte note, that the ſaied ſublime, made with Roche Alome, is better for gentilwomen, that wil paint their faces with ſublime. But I counſaile theim, that in ſteade of ſublime, they vſe ſome of the waters that I haue ſpoken of in the bookes before. For Goldeſmithes, Alkemiſtes, and for manye thinges required in Phiſicke, it is better to put in rawe Vitriole, in ſteade of burned Alome: but this is very euil and hurtful for gentlewemen; for, the mooſte part of them that make ſublime, make it with Vitriole

partly because it is made with lesse cost, and partly because it is profitabler for many thinges, thē made with Alome, whiche is almoost for nothinge but for gentlewemen. There be some naughty personnes that putte Arsenic Cristallyne to distille with Mutche Sylver, a thinge practised of to many men. Wherefore it is good and profitable to admonyshe euerye man that he take heede, for certainely, in respecte of a little gayne, they make them selues worthy to be burned quicke: for besides that men se oftentimes, that by suche sublyme wemen haue theyr faces swollen withall, like a bladder blowen, also it may happen that in Phisicke they hurte or kyll men The sayde sublime made with Alome and Vitriole, may easely be sublimed a newe, that is to say, for euery pounde of this sublime, to putte to it halfe a pound of common white salte, or burned Alome, or vnsleaked lime, in settinge this to sublime, as before: the whiche wyll sublime it selfe much soner, and will ware fayrer, the oftener you sublime it. The Alchemistes, folowynge the preceptes of Geber, of Haynte Thomas, and other Philosophers, go aboute and spende tyme to sublime it diuers times for to make it firme, amonge whom there be that sublime it a hundreth times, and other some two hundreth tymes, and yet at thende bring it to none effect: and that cometh, because that alwayes they put in, in subliminge the saied lees, that is to saye, the salte, alome, or vitriole, as we haue saied. And seing that the nature of the fyre is to fir and make firme thinges that sone flit awaye, the oftener the saied sublime cometh to the fyre, the more doth it fasten at euery time, but that part that is fastened, is alwaies mingled with the saied lees, and so is lost: Therfore they which made the saied sublimation, not consideringe the reasons and causes why suche a thinge happeneth, founde that by little and little theyr sublime was diminished, and (peraduenture) thought it hadde flowen awaye, or els consumed in the fyre, rather than to beleue that it remayned in the saied lees, from the whiche it can in no wyse

be

be separated. Nowe mindinge philosophicallye to procede in the fasteninge or fixinge the saied sublyme, you must fyrste sublime it three or foure times, with common salte, burned Alome, lime, or Talchum, as is saied to the intent that in this wise it may be mondified, and clensed from all earthy and vncleane substaunce, that it conteyneth, and frome the superfluous moisture, whereof it is full. It is mondified and made cleane of the earthy substaunce, because the earth sublimeth not, but remayneth in the bottome of the viole or pot, cleauinge with the grounes, whiche is the Salte, Alome, or Vitriole that is put in it, the whiche thinges we call here lees or dregges, because they remaine in the bottome, as the lees of wine, or of Oyle doeth. Also it is pourged of the aquositie, or superfluous moisture, two maner of wayes. The fyrste is, because that with the same, or distilled water, wherwith it was watered, as we haue saied before, the moisture or watrinesse of the saied Quick siluer distilleth out in a vapour. The other is, because of the ofte subliminge it, the nature of the fyre is annexed vnto it, whiche diminisheth it, the whiche two thinges are the principall cause whye it fasteneth. And so are they the onelye partes that make the perfyt fixion or fasteninge, accordinge as they are sufficiently ioyned with the thinges that you wyll fasten or fixe. And here we meane no other thinge, by the thynge fixed or fastened, but that the fyre hath made suche a decoction, that it danisheth not awaye, or is lightly caried awaye with the wynde, and that all the substaunce remayneth in the bottome, and consumeth no more.

Therefore, after you haue sublimed it three or foure tymes, and that it is well pourged of the earthye substaunce, and of the superfluous moisture, as is aforesayed, you shall set it to sublime a parte by it selfe, withoute any grownes or lees, and shall sublime it so often, vntyll all remayne fixed to the bottome of the violle or potte, and that it flye not awaye nor diminishe for anye greate fyre that you make.

But

But if you wyll make it in lesse space, and easier, obserue this rule, whiche is certayne and infallible. Whan you haue sublimed it three or foure times, or oftener, you shall adde to it the fourth part of fine siluer calcined and burned, as we wyll afterwarde declare: than after you haue mired it well together, set it to sublyme: and whan it is sublimed, mingle that whiche is ryssen vp, with that that remaineth in the bottome, then sublime it again, and so, so often that it ryse vp no more but remayne in the bottome for al the vehemence of the fyre, and so shall it be perfit, very white, cleane, fusible, and penetratiue or pearsinge. And he that would make a good quantitie of it, and is not hable to putte to it as muche fyne siluer, as the fourth part of it, he may make it in this maner folowinge. After he hath sublimed it three or foure times, with the grownes or lees, as is afforesaied, let him kepe it by it selfe, and take a little of it that is to saye, as muche as for to ioyne or put with the fourth part of fyne syluer, that he should put to it, as in ensample. If he haue but half an vnce of syluer, let him take an vnce of the sayde sublime, and whan he hath mired it together, let him sublime it as often as before, vntyll all remayne fired in the bottome, and he shall haue two vnces, or little lesse of sublime fired: for the fyre in dryenge it, and making the decoction, eateth and consumeth some parte of it, besyde that consumeth in stampinge, and in the vyole or potte. Than let him take these two vnces fired, or as muche as is of it, with three times as muche of sublime not fired, that was kepte, and then let him mingle all together, and sublime it as oft as before, vntil al be fired. And if he wil make more of it, let him take agayne three partes of the other sublyme: and so shall he make it as often and as muche as he wyll, whiche is muche better then to make it all at once, for by this meanes is *volatile fixum*, and *fixum volatile* oftener made, whiche is that, that the philosophers esteme moost, and is also more fusible, more pearsynge, and of greater vertue. In this operation consisteth all

the

all the ſecrete, and the greateſt maiſtry of the Philoſophers, and cheiſlye of Geber, who maketh the mooſte part of his woꝛke in this manner of ſublimynge and firynge often times, and onely keepeth the thinge ſecrete that muſt be ſublimed, the which thinge becauſe he wil hide it from theim that be not woꝛthye to knowe it (as hym ſelfe affirmeth) he calleth it Quick Syluer, but he meaneth another thinge, although in effecte the ſame thinge declareth that it is but quick ſyluer, but bꝛought from his nature vnto a perfecter degre, as foꝛ example. Dowe, is meale, not in his fyꝛſt eſſence and being, but is redact and made of the baker, into a moꝛe eſtimable nature, and nerer to perfection. No man ought to hope to attayne to this high knowledge, by his owne wytte, but onely by the grace and gifte of God, who (as all the Philoſophers ſaye) *Cui vult largitur, & ſubtrahit.*

☞To make Cinabrium, and thereof to make loaues of a hundreth or two hundreth poundes, as great as a man liſt as thoſe are that come oute of Almayne, whiche ſecrete hath not before this tyme bene knowen of anye in Italy.

All thoſe that delight in ſecretes, and pꝛincipally in thinges belonginge to metalles, knowe howe to dꝛeſſe *Cinabrium*, but in a ſmall quantitie, as a pound oꝛ two at a time, and not paſt. In Germanye, and ſome partes of Fraunce, there be that make it in great lompes, oꝛ maſſes, and ſend it ſo into Italye, and ouer all the woꝛlde, and yet kepe it meruelous ſecret to them ſelues, without publiſhinge it vnto manye men. Therefoꝛe we will alſo communicate this ſecrete (although it conſiſt in a ſmall thinge) to the glozy of God, and the pꝛofite of the common welth, teachinge here in a bꝛeife manner, to make it in as great a quantitie as a man will. Take of Quicke Syluer nine partes, Bꝛimſtone citrine two partes, yet many men put thꝛe partes

of Brimſtone, for the nine partes of quick ſiluer, other foure, and ſome as muche of the one as of the other. But whan it is for to paynte with, there cannot be to much Brimſtone, for there commeth the liuelier colour of it, and for other thinges it is better that for one poũd of Quicke Siluer, there be but three or foure vnces of Brimſtone. Putte then the Brimſtone in ſome large panne, melting it with a lowe or ſmall fyre: & whan it is molten, take the Quicke Syluer in a linnen cloth, in your lefte hande, and wringe it little and little into the ſaied Brimſtone (whiche muſt fyrſte be taken from the fyre) and mingle it with a ſticke, to thende the quick ſyluer maye incorporate it ſelfe well with the Brymſtone, not ceaſinge to ſtyrre it, and to looſe it alwayes from the panne, vntyll all be well cooled, and you ſhall haue a blacke mixture, whiche ſhall be neither lyke the Brimſtone, nor quick ſyluer. Stampe this mixtion, and bray it well, and ſifte it, and of this poulder you maye make what quantitie you will, puttinge it in a greate panne. Nowe yf you wyll drelle the *Cinabrium*, you ſhall take a violle of glaſſe as great as you will, yet ſee notwithſtandinge that ye fyll the ſaied violle but a quarter full with the ſubſtaunce that you ſhall putte in it. And after hauynge well luted and clayed the violle, with a claye or paſte made with white claye, and the ſhearinge of cloth (whiche men call *Lutum ſapientiæ*, as we will ſhewe you hereafter howe to make it perfectly) and whan it is well dried, putte in as muche of the ſaid poulder, as wyll fill a quarter of the ſayed violle, or leſſe, and without cloſynge vppe the mouth of the ſaied veſſell of glaſſe, ye ſhall ſet it vppon a greate furneis, if you haue muche ſubſtaunce, than make vnder it a ſlighte and lowe fyre, the ſpace of two or three houres, and afterwarde ſomewhat greater. But for to make a greate quantitie of it, you muſte euer and anone, putte in of the ſaied poulder, leauynge ſo ſtyll the ſaied veſſell of glaſſe vppon the fyre to ſublyme: then take a ſticke made meete for the purpoſe, that maye reache to the

bottome

bottome of the saied vessell, and be moze then a hande-full without, and haue also vppon the sticke a rounde lumpe of the sayed *Lutum sapientiæ*, to the intente that the sayed sticke so being put into the viol, it maye close the mouth of it, and that whan the sticke riseth vp, the piece of *Lutum sapientiæ*, maye also rise withall, and open the mouth of the saied violle. You muste haue also made readye, and settled, a fonnell (suche as they fyll bogges heades of wyne withall) whiche muste haue alwayes the necke of it within the mouthe of the vyolle, and that the sticke maye go thozongh the myddle of the funnell, that by that meanes, it maye stoppe the strayte of the funnell, with the mouthe of the violle.

All these thinges thus set in ozder, you muste keepe the saied poulder nyghe vnto the fyze, to the intente that it maye be hoate: foz if you shoulde putte it in colde, vppon the hoate that is in the Violle, you should make colde, and lette the sublimation of the *Cinabrium*.

Nowe, whan the fyzste poulder hath bene on the fyze, the space of fyue houres, and that it is thozoughlye, oz partelye sublimed, lyfte vppe the sticke a little, that is in the potte, and so open the mouth of it, in lyftinge vp the rounde piece of claye that stopped it, and putte in thzee oz foure sponefulles of the saied poulder that you kepte warme, then lette downe the sticke, with the rounde buttonne of claye, that it maye close the vyolle, as befoze.

And you muste vnderstande, that the sayed sticke is not put into the violle foz anye other cause, but to kepe that the sayed poulder whiche is in the bottomme, beginninge to sublyme, shoulde not cleaue rounde about the mouth of the violle, foz than it woulde stoppe it so, that you coulde putte none other poulder into it, noz make the loaues soo greate, as is sayed: and herein consysteth the whole Secrete to make the loues great. Foz if you woulde putte in all the substaunce at once, that is to saye, a hundzethe, oz twoo hundzeth pounde of substaunce, you shoulde make the masse, oz lumpe

ſo great, that it woulde neuer be brought to perfection, and muſte make ſo greate a fyre to it, that rather it woulde melte both the veſſell, and alſo marre the furneis, than the matter or ſubſtaunce woulde ſublyme. But in puttinge it in thus by little and little, the ſticke beinge in the middle, all the ſubſtaunce ſublimeth, baketh, and wareth redde, and by little and little, ſticketh to the higheſt parte of the veſſell, then, in puttinge to it agayne newe poulder, it deſcendeth to the bottom, and there findinge all thinges hote, with that that it is hote it ſelf, and in a ſmal quantitie it ſublimeth, baketh, and wareth redde incontinent, incorporatinge it ſelfe with the fyrſte. So in puttinge in, by little and little newe hote poulder, and keping alwayes the fyre in one ſtate, you ſhal make as great a quantitie of it as you wil, and ſhal haue very great loaues of fayre *Cinabrium*, the whiche wyll haue onely a hole in the middle, whiche is the ſpace where the ſticke went thorow. Finally, you may put to it newe poulder in takinge awaye the ſticke all together, and cloſing the mouth, and than make a fire: for this laſt poulder wyll lykewiſe ſublyme, and wyll make a bottome to the loſe of *Cinabrium*. Moreouer, note and vnderſtande, that the great fyre, that is to ſay, long continued and kept, hurteth not, and now and then you muſt moue, and lifte vp and downe the ſayde ſticke, to the intent that the *Cinabrium* cleaue not to it, and ſtoppe ſo the mouth of the veſſell, that you can putte no more freſhe poulder to it, as is ſayed. This is the ſure, and perfecte waye and meane howe to make *Cinabrium* in as greate loaues as you will, whiche hytherto hath not bene knowen in Italye. You maye do the like in pottes of potters claye white, ſoo that they be well luted and clayed ouer, that they maye endure the fyre, and not breake.

☞ *To fyne and renewe Borax,*

BORAX was called of the auncient writers *Chrisocolla*, and was both naturall and artificiall, as Plini, Dioscorides, and other write, and men did vse of it in Phisicke, and also to solder Gold and Syluer, and other metalles, as men vse yet nowe a dayes: for the nature of it is to melte, and to resolue quickely anye sounderynge. It is vsed in worke also for to make a bodye, that is to saye, to gather together the fylynge of Golde and siluer, and in all other thinges, wherein a man hath neede of a quicke and sodayne foundinge or meltinge. Moreouer, gentlewemen helpe theim selues also muche with it to make theim fayre: for it maketh the skinne very white, fine, and cleane, without daunger of any poyson, or of hurtinge the teeth, or flesshe. The auncient men of olde time had of it grene, whereof nowe a dayes is none founde, nor yet anye man maketh it. Marye, we haue that is very white, and alsoo somewhat blacke, whiche peraduenture a man may say is like theyr grene. The white is in little longe pieces, with certayne synewes or veines all a longe, so like vn to Roche Alome, that many are deceiued, or deceiue other with it: For whan a man setteth the saied Borax vpon the fyre, it boyleth, and swelleth vp in all poyntes like Alome, and so remayneth white, and full of hoales lyke a sponge, and easy to be broken with your handes, euen as Roche Alome burned. But subtyle and craftye marchauntes knowe Borax from Alome thre maner of wayes. The fyrste is, that Alome put in a mans mouth is eygre and sharpe of taste, and restraintife, but Borax hath no maner of taste, but a dead and vnsauery gust, as a meane betwene the sauour of Oyle, and whaye of Mylke. Therefore they that wyl deceaue other, and falsifye the true Borax, take little pieces of rawe Roche Alome, and kepe them in Oyle of Almondes, in whay, or in mylke. Some other put to it also honny, or sugre, for to moderate the eygernesse of the Alome, with the

ſwetenesſe of it. Other there be, that melte all the saied thinges on the fyre, and than set theim to coole in some colde place, vntyl all be waren into yce, or little stones, and puttinge to it Salte Peter, *Sal alcali*, Tartre, Alome *de fece*, and suche lyke thinges, and make little stones somewhat lyke vnto Borax: but fyrste they differ in fourme and fashion, for the true Borax is alwayes longe in fourme, and the stones where Alome is amonge, are never brought into anye fourme, but into little square stones. Furthermore, thei differre in the seconde sorte, and that is this: That Alome beynge burned, maketh a greater lumpe, then when it is raw: but the true Borax is brought and reduced into a verye small quantitie, and this is an euidente signe to knowe it. The thyrde, whiche is of mooſt importaunce and the sureſte, is, that the matter wherein the Alome is, will not souder in no manner of wise, and wyll not melte neither, so well as the Borax will. I saye, it will not melte so well, because that where any Salt Peter, Tartre, and *Sal alcali* is, there the matter will melte, at the leaſte in some parte: for all the saied thinges helpe to the foundinge of metalles. The Salte Peter, whan there is a good quantitie of it, is knowen incontinente vppon the fyre, for it maketh the boylinge waterysshe, and casteth aboute, as it were lyttle sparkes of fyre. The other thinges made with the foresayed mixions, dyuers tymes, in whaye, milke, or in water, and congeled into lyttle pebbles, make certayne stones, but they be alwayes salte, to bryghte, and to violente to melte: for whan a manne wyll souder anye worke of Golde, or thinne Syluer with it, it causeth the worke to melte together, and where as there is Sugre, it leaueth the Golde and Syluer spotted. Then make other mixtures, whiche are verye good for to souder, or to melte, whiche neuertheleſſe are differente frome the Borax in fourme and sauoure, of the whiche we wyll make mention hereafter.

Nowe, for to retourne to the true Borax of oure time,

tyme, men bringe vs certayne barrels full, of a kind of greafe, ful of certayne litle pebbles, which is called the dowe or paſte of Bozare. Vnto this daye menne haue brought it oute of *Alexandria*, where it was alſoo of olde tyme made: and therefore is it that the aunciente Arabian Anthones, whiche haue wrytten of thynges concernynge mettalles, called the Bozar *Nitrum Alexandrinum*. And within theſe fewe yeares, they haue begonne to brynge it frome the Weſte partes, yet I can not tell whether it be made there, or elles paraduenture it be broughte lately oute of the Indes. There was within theſe fewe yeares ſoo greate lacke of it in Italye, that it was ſolde at the leaſte, for a crowne an vnce, of that, that was made into ſtones. And nowe, within this twoo yeare, there is come ſuche habounddaunce oute of the Weſte partes, that the pounde is worth but a crowne and a halfe, and leſſe.

The waye howe to make it (whiche is vſed in the ſaied Weſt partes) is thus. In Mines, where Golde and Syluer, or Copper is gotten, is found a kynde of water, whiche (as I my ſelfe haue ſeene and proued by experience) is of it ſelfe verye neete and excellente for to ſouder or to founde with. And alſo I knowe a place in Germanye, where there is a greate veyne of ſuche water, whiche notwithſtandinge, the payſauntes knowe not of. Nowe, they take this water, with the earth that is vnderneath it, or on the ſydes, and boyle it a certaine tyme, and than ſtrayne it, and ſo leauinge it, it congeleth into lyttle pebbles, euen like vnto Salte Peter. And therefore yf a man ſhoulde keepe theim longe ſoo, thei would not continue, but would reſolue by litle and litle: Alſo for to make them better, and to preſerue thē, and norriſhe them in their owne nature and kynde, they take the groundes or dregges that is left of the ſaid water, & earth, putting to it barrowes greaſe, or the greaſe of ſome other beaſt: than they goo to the mine, where they make a greate hole in the grounde, in the bottome wherof they lay a ranck of the ſaid greaſe, & vpon that a

ranck

rancke of the sayde little pebble stones, and than again another of grease, and so consequently as much as they wyll, but so that the laste rancke be of grease, or of the sated dowe or paste, and so they leaue it open and vncouered, the space of certayne moneths: yet many of them do all this within theyr houses, in the earth, or in great vesselles. Than, whan they wyll sell it, or sende it out of the countrey, they take the sayed paste or dowe, with the stones and all, with a fyre panne or some like thing, and fyll barelles and tonnes of it. This is the same that commeth vnto vs, whiche we call dowe or paste of Borar. It is sent also from the countreye where Borar is made, or little stones of the sayed paste, so renewed and fined as I will shewe you. About thyrty yeare ago they sent muche more of this Borar, fyned and renewed, than they did of the paste, because that in Italye they coulde not dresse nor make it, nor bringe it into little stones, wherefore it was not put in bre, but of certayne women in distillations, for to paint them selues with. Since there hath ben one in Venise that began to dresse it, and after him a woman whom he had taught. These two gat a greate somme of money, and the sayd secrete was longe betwene them two onely, although it was desyred of euery man longe before. Finally, it is nowe come so farre forwarde, that many men in Venyse can dresse it, but one maketh it farre better, then another, and peraduenture very fewe haue the perfection of dresynge it, with suche aduauntage that he loose nothinge of the substaunce, and to make as muche of it as is possible perfectly, as I will shewe you hereafter folowing. Now, you muste take fyrst of the sayd paste, that is not mouldy, vinewed, or putrified, for than it is a sign that it shoulde be olde, and of many yeares, and thereby the little stones shoulde be diminished, losse, or decayed. Yet neuertheless this is of no great importaunce: for it is better to assay with your finger within the past, to se yf it be full of the sayed pebbles, for the worlde beynge all together geuen to gayne, and full of deception and

Alexis speaketh of Italy, and not the translatour of England.

fraude

fraude, they that make it, put sometime very fewe pebbles in the saied grease, for to haue more substaunce: and beside this, they that bye it to sell agayne, take out also a good quantitie of the saied pebbles: wherefore it is necessary to be circumspecte, to the intente that diligence maye surmounte, or at the leaste discouer the gile and deceate. Fynallye, if you will fine and renewe the sayed Borax from suche paste or dowe, do thus. Take water luke warme, that is to saye, for two pounde of paste, halfe a payle full, whiche you shall put into some earthen vessell, puttinge the paste into it, than with youre hande fraye and styre it in sonder, as you wolde temper leauen for to kneade, after this, strayne out the saied water well thorough a straynoure, and take the little stones that remaine in the saied vessell, that is to say, those that be of the bigneste of a Walnut, or beane, and put them in a vessell, sprinklinge them with Oyle Olyue, as thoughe it were a salade, but the Oyle must be white: and if you haue none good, take common oyle and set it in the sunne, purginge it well, and annointe the saied stones with it, minglinge them well together with your hande. Afterward put them in a litle bagge, and mire them well together againe, as men do confitures, this doen, putte theim in little boxes, and keepe theim, and thus shall you haue the best Borax that can be possible. If you will renew and multiplie it, do thus. Take the same water that was strayned out, and put it in a kettle vpon a small fyre, keepinge the fyre alwayes in one estate, than scymme it with an yron ladle, and put also with the scumme, the ordure and filth that shal be in the bottome: but take good heede, that in seething it flie not awaye. Continue thus dooinge vntyll it be well sodden, whiche is knowen thus: put a little vpon your nayle, and if it renne not, it is ynough sodden, or els you may proue it vpon a paper, as men do Syrops, and if it byde still, it is sodden, or wette a stringe in the sayed water, and holde it betwixte youre fingers, than plucke it oute by the ende, and if you feele it roughe, it

is ſodden. Then take the kettle from the fyre, and couer it with ſome couer ſytte for it, that there fall no ordure or fylth in it: this doen, burie the kettle in wheate braune, and cloſe it well rounde aboute, coueringe it with clothes or other thinges, ſo that it be wel ſtopped. You maye bury it, or hyde it in a hote dungehyll, and leaue it there the ſpace of eight or ten dayes, and afterwarde vncouer it, and you ſhall finde cruſte vpon it, the whiche you ſhall take and put in on one ſyde, and you ſhall finde in the ſayed kettle, as it were little pieces of yce, whiche you ſhall take oute, and put in another veſſell, waſhinge them with cole and freſhe water, than drye them vpon a table in the ſhadowe, and lette thoſe ſtones whiche at the firſte time remayned in the ſtraynoure, be mingled with the ſaied pieces of yce. Than take Alome de fece, that is white, foure pounde, in three payles full of water, three vnces of Salte Peter, than boyle this with a ſmall fyre, and ſcymme it, as you dyd the other, in prouinge it vpon your nayle, or vpon paper, if it bee ſodden, as before. This doen, take it from the fyre, and let it reſt, and whan it is cleare, take a litle payle full and a halfe of it, and ſet it on the fyre in another cleane kettle. And whan you ſee that it will boyle, put in the ſayed cruſte, and that it be of tenne pounde, and make it ſeeth as the other did, eſſayinge vpon your nayle or paper, as you did before. Than put it in a little birkin, and lay two ſtickes a croſſe, with foure cordes, wherevnto you ſhall tie a little leade, to the intent they may ſtretche well, and without touchinge the bottome, by foure fingers, and that to the ende the Borar maye ſticke and cleaue to it, and than burie it as before. This muſt not be put in the bagge, but anoint the ſame that you finde ſtickinge vpon the cordes with a feather, and the other that remayneth ſtil in the veſſel, you ſhal ſprinkle as it were a ſalade. The clere that you ſhal take out of it, muſt be of the biggeneſſe of a haſell nut or beane: and the other will be leſſe, you ſhall put into the water that remaineth, whiche water you ſhall ſet on the fire,

making

makinge it ſeeth, and doinge as before, and ſo continue vntill all the water be conuerted and tourned into Borar, ſo that nothinge be loſte. And remember (at the beginninge whan you diſſolue in luke warme water, as we haue ſayed before) to put to it the bigneſſe of a riche peaſe of the ruen of a Hare, for that will make all the other partes of the Borax to cleaue and take together.

¶ A good and eaſye waye to make Aqua fortis, better then any other.

TAke Roche Alome and Vitriole, or ſalte peter, or elles all three together, of eche of theim lyke quantitie, that is wel calcined and burned, and well brayed. And if you will haue it ſtronger, put as muche ſalte Peter a parte, as of Alome and Vitriole together: put all this in ſome potte or violle, well luted and clayed ouer, and in the recipient or receptorie two vnces of well water, for euerye pounde of the ſaid ſubſtaunces. Let the receiptorye be in freſhe water, and alwayes wette aboue with ſome wette linnen cloth, ſo that it be neuer dryc. And by this meanes the erhalations or fumes wil better mingle them ſelues with their water, and will not ſticke or cleaue to the recipiente. This doen, take the potte or violle luted, and trimme it ſo that the mouth hange downewarde, ioyning it with the recipiente, without a Limbecke, luting and clayyng well the ioynctes and ſides with flowre, and the whites of Egges: and diſpoſe and order it in ſuche maner, that the fyre come not to the recipient. And at the beginning put a fewe hote coales vnder the bottome of the vyolle or potte, vntyll the matter looſe and diſſolue it ſelf, and paſſe his fyrſte furye. This doen, couer it with coales, and the fyre muſte be verye highe: and for to do beſte, there muſte be lyttle walles of bricke to holde vp the greate coales, in great quantitie vpon the ſayed potte. Whan you haue made this greate fyre, the ſpace of three or foure, or fiue houres, all wyll be made.

Than let it coole, and take out the water, whiche is very good and perfit, and kepe it in a veſſell of glaſſe well ſtopped with ware.

¶ The true and perfyte practiſe to caſte medalles, and all other workemanſhyppe, as well in braſſe, as in gold, Syluer, Copper, Leade, Tynne, as of Cryſtall, Glaſſe, and Marble.

FIrſte of all, you muſte haue alwayes the earth or ſande ready, wherin you wyll faſhion and fourme your worke: but becauſe there be dyuers ſortes, and euerye man dreſſeth it as he can gette it, and as he hathe ſkill in makinge it, we will put here ſome of the ſureſt and moſt parfiteſt, and of diuers kyndes, to thend that if a man can not get or make the one, he may euermore haue recourſe to the other. And vnderſtande, that all theſe that we will put here, may be ſet a worke eche of them by them ſelues, or mired one with another, or all together, for they are good euery waye. The bounty and perfection of eche of theſe earthes for to caſt anye mettall in, conſiſteth in theſe thinges, that is to wytte: that firſt and chiefliе it be fine and ſmal, and in no wiſe roughe, or full of grömmels, to the intent that all thinges maye eaſely take print. Secondly, that they receiue the metall well, and that they neither cleaue, breake, chappe, or ware into a cruſte. They muſt alſo be tempered with a water called *Magiſtra*, (of the whiche we wil ſpeake afterwarde) to the intente that beynge drie, thei maye be harder, and holde faſter together. Thyrdelye, that they maye continue, and ſerue at diuers foundinges and meltinges, to the intente that whan you wyll caſte many medalles, or other thinges all of one ſorte, ye neede not at euerye time make newe mouldes. Alſo you muſt vnderſtand, that for metalles that are ſoft, as Leade, and Tynne, all earth, ſo it be good, wyll ſuffiſe:

Prouided al wayes, that it be fine and small, and well tempered with the sayed *Magistra*, as I will declare here after.

¶ The fyrste earth to caste in a moulde all maner of fusible mater.

TAke Emerill, that men burnisshe swordes or armoure with, and braye it very small, in flaming it, as wee will shewe you afterwarde, and temper it, or reduce it into dow or paste, with the saied *Magistra*, as I wyll tell you hereafter, and so dressinge it, you shall make a very good earth, whiche will continue for manye soundinges and meltinges, so that it be well gouerned and tempered, and the more it is occupied, the better it wyll ware: Prouided, that it be alwayes brayed a newe, and than watered and tempered with the *Magistra*.

¶ The second earth or sande.

TAke pieces of those vesselles, or pottes of earth that are made in Valentia in Italie, or other that glassemakers vse to keepe their molten glasse in the furnesse, and if you maye onely get the bottoms, or the pieces from the middle to the lowermoste parte of them, it shall be the better, in takinge awaye the glasse that is rounde about them, if not, take them as you maye. Than take Goldsmithes crosettes, or meltinge pottes, newe, and breake theim in pieces, and that the weight of the sayed crosettes be as muche as the pieces of the saied vesselles before. All these thinges beinge fyrste beaten and stamped in a morter, let them be well brayed after vpon a Porphire stone, with water, as men braye colours, and hauinge made theim verye fine and small, by seethinge them againe on the fire, as we will after declare, kepe them in little goates leather bagges, or in some close boxes, to the ende that

because

becauſe of theyr fineneſſe they flie not, and vaniſſhe awaye in the ayre.

☞ *The thirde earth, or ſande.*

TAke the filinge of yron, ſande, or yron ooze, or the ſparkes that flie from hoate yron whan it is beaten, or elles all together: but that it be pure without any earth or fylth: than putte it in an yron panne, or in ſome other veſſel that wyll endure the fyre, ſprinklinge it with ſtronge Vinaigre, and keping it on the fyre the ſpace of eighte houres, after this temper it agayne in Vinaygre, and then incenſe, and heate it in the fyre, brayinge and renewinge it diuers times, as the other. And keepe it in leather bagges, or in bores well ſtopped.

☞ *The fourth earth or ſande.*

TAke pieces of a pommeiſe ſtone made hote in the fyre, and quenched in Vynaygre foure times. Than take. ii. partes of the ſparkes of yron brayed and ſtamped, & one part of the pommeiſe ſtone mingle al together, and putte it in the fire, and braye it often times, and ſo kepe it as the other.

✣ *The fyft earth, and the moſt parfyt.*

TAke mutton bones, but if you take thoſe of the heade, they will be better, if not, take of what part ſo euer it be, and burne thē vpon the coales or in ſome furneis, vntil they ware very white: than ſtampe them, and ſifte them. This doen, you ſhall put the poulder in ſome yron panne, or other thinge, amonge the coales, ſo that it may burne well, than put to it a good handfull of tallowe, ſyringe it with ſome yron, in ſuche wiſe, that all the tallowe maye be burned with the ſaied poulder, leauynge it loo on the fyre

yet

yet halfe an howre. Than take it oute and braye it, and burne it agayne, sprinklynge, and brayinge it often tymes as you dyd the other, vntill it be verye fine and small, and than shall it be perfit, and will serue for many foundinges or meltinges.

The syxte earth.

TAke Cuttle bones, and burne them in the fyre, vntyll they be very white, and vse the in all thinges as you diode the mutton bones, and than keepe it as afore. Fynallye, there is also earth made of the ashes of Vynes, of strawe, of burned paper, of horse dunge, dryed and burned, of bricke stamped, of Boale, or of redde earthe, or other lyke thinges that remayne in the fyre without meltinge, wherein men printe verye well all maner of metall, the whiche also neither breake, cleaue in sonder, nor chappe, as is aforesayed.

A goodlye waye and maner howe to make all these earthes verye fyne, and small, and almoste impalpable.

TAke whiche of these foresaied earthes you will, or anye other, and after you haue well stamped it, and syfted it, drye it in a kettle by the fyre, or in a fryenge panne, or other vessell, vntyll it be verye whoate: than take it frome the fyre, and stampe it well, as before, with water or Vynaigre, heate it agayne, and braye it styll with water, or Vynaygre, and neuer drye: doyng so fiue or sire times. Fynallye you shall putte it in a vessell of white earthe, well leaded, and powre into it as muche cleare water as wyll surmounte it foure fyngars high: than styre it with a lyttle cleane sticke, and lette it reste the space of an *Aue Maria*. Afterwarde poure the sayed water

fynelye

finely and wiſely into ſome other veſſell that is cleane: And vpon the ſayed earth that remayneth in the fyrſte veſſell, you ſhall powre other water, and ſtyrre it as before: than powre the ſame with the other fyrſte powred out, and thus do ſo often, vntil that with the water, you haue pourcd out all the fineſt and ſmalleſte parte of the ſame earth. And if there remaine yet in the firſte veſſell anye parte of groſſe earth, braye it a new, and than put it with the other. This doen, you ſhall let all the ſame fyne and ſmall earth, whiche you poured into the other veſſell, go downe to the bottome: and than powre oute fayer and ſoftely the water, and let the poulder dry that remayneth in the bottome, the whiche afterwarde you ſhall braye well once agayne, and paſſe it thorow a fyne ſieue or ſarce of Silke, if you thinke good, and you ſhall haue a poulder, ſuche as there is not the like, whiche you muſte keepe, as the other before, in leather bagges, or in bores of woode well ſtopped, paſtynge or glewing the ſides, to the intente that the poulder flie not awaye, for it is a ſubſtaunce almooſt as fyne and as ſubtyle as the ayre.

☞*To make a water called Magiſtra, wherewith the ſayed earthes to make mouldes is tempered, and moyſted agayne at euery caſtinge and foundinge.*

TO cauſe that the ſayed earth be faſte and firme, and that beinge faſhioned and dryc, it maye holde together, and not fal agayne into poulder, you muſte make this water, whiche is called *la Magiſtra*, whiche is a worde, not knowen frome whence it is deducted, as the Philoſophers haue forged and geuen names to certayne waters, accordinge to the effecte that they ſerue for, as they haue doen of this water. And it ſeemeth that they meante by this, the ſame thinge that we vnderſtande by the meane or waye, or ſuche a thinge, that is a meane or way to kepe together

or

or to dissolue, or to do some like thinge: thus it is made. They take common salt, the whiche they wrappe in a linnen cloth wette in water, or other licour, and being so lapped vp, it is layde in the middle of the embers in a furneis, or in some other lyke place, to the intente that with a payre of bellowes they maye geue it alwayes a greate fyre, or elles thei put it in some croset, or other small vessell, luted and clayed, blowing it wel the space of an houre, than they let it coole. And he that will not blowe it alwayes, as is afore saide, let hym laye it in the middes of hote coales, and yet couer it well with fyre, and whan it is coole agayne, he must stampe it, and put it in a pot well leaded, and put to it as muche water as wyll couer it, foure or fire fingars high: than muste he set it on the fyre, and styrringe it, he shall make all the saied salte to dissolue. This doen, it must coole agayne, and be strained or passed thorough a felte twise: and this is done for to moist or baine the sayed earthes, and to make them holde together, as we will declare afterwarde. Also you maye make this *Magistra* with the whites of Egges, beaten with a sticke of a figge tree, vntil they be conuerted and tourned in a froth or scumme, then let them rest the space of a nighte, and in the morninge poure oute the water that is founde vnder the froth. With this water is the saied earth moysted and bayned, and it appeareth that it is better then other: for it maketh it faster and firmer, and cleaner, nor cleaueth so sone vnto the thinges caste in the moulde: therefore some put a little of this water of whites of Egges, with the other *Magistra* made of salte. Other put to it a lyttle water of Gomme Arabick, addinge in all thinges iudgement, experience, and industry.

☞ *To make Lutum sapientiæ verye parfytte.*

TAke of the beste white potters earth that you can get, for in one place there is better than in another, that is to saye, of that whiche can best endure the fyre, as suche as they make pottes of in *Padua*, and likewise in Germany: for it is of such perfection, that the pottes whiche be made of it, and wherin they dresse their meate, may also serue to founde metalles in. Take then of the beste, and specially if it must serue for a thinge that hath neede to be longe vppon a great fyre, otherwise, take suche as you can get. There is founde of it, that is of a graye colour, as the common sorte is, and also there is white, that men vse in some place of *Vicence*, whiche is like loaues of *Gipsum*, or plaister, and is called of the Italians *Florette de Chio*. We here in Englande vppon the vse thereof, maye geue it what name we wyll. Potters vse of it in Venise, for to white the dishes, and other thinges, before they vernish or pollish them. There is also founde of it that is redde, as in *Apulia*, where there is greate quantitie, and that they call Boale, and is the very same that some Apoticaries do sell for Boale Armenick, and the Venitians vse of it, for to paynt redde the forefrontes of their houses, with lime, bricke, and Vermillion, coueringe it afterwarde with Oyle of line. This redde earth is the fattest, and the clammiest of all the rest, and therefore it cleaueth soonest by the fyre, if it be not tempered with some other substaunce. And because that all the sayed earthes be to fatte, the one more than the other, therefore men put to them some leane substaunce. Nowe, if you take of that of ashe colour, whiche is most commen, and the lest fatty, you may compose and make it in this maner. Take of the saied earth foure partes, of clothmakers flore or shearing, one part, ashes that haue serued in a buck, or other, half a part, drie horse donge, or the donge of an Asse, one part. If you will make it parfiter, put to it a fewe stamped brickes, and sparkes of yron: let all these thinges be well stamped, and sifted, that is to saye: the earth, the ashes, the horse donge, the brickes,

brickes, and the sparkes of yron: than mingle all together, and make it into earth, and make a bedde thereof, vpon the whiche you shall caste by little and little, the flore, as equally as you can. This doen, powre to it water, styrringe it well fyrste with a sticke, and than with a pallet broade at the ende. And whan all is well incorporated together, as you woulde haue it, laye it vppon some great borde, and beat it wel, and that a good space with some great staffe, or other instrument of yron, mingling and stearinge it well, for the lenger you beate it, the better it is. By this meane you shall haue a verye good claye for to lute or clay, and soyne violles, flagons of glasse to still with, and bottels of gourdes for stilling and other great thinges, as furneſſes and suche like, as we will declare afterwarde. But he that will make it with more ease, let him put the earth only, the flor, and the horse donge, with a fewe ashes. Some put no horse donge to it, and some no flore, according to the purpose that they make it for. For to stop and close vp the mouthes of stillinge glasses, or violles, to thintent they take no vent on the fyre, the sayed clay wil be very good: neuertheleſſe men put to it two partes of quicke lime, and the whites of Egges, and then it wyl be surer to let nothinge vent out but the glasse it self. All kinde of clay or earth would be kept moist, and redy dressed for him that will occupy it continually, but it muste not be kepte to watery. nor yet leste to drye, for than it woulde serue for nothinge, seinge that after it is once hardened, a man can not dresse it anye more to do any good withal. And whan you put water to it, it is mollified by little and little aboue, and is as it were a sauce, but within remayneth harde, and if you put to much water to it, you marre it vtterlye. Therefore, whan you see that it beginneth to ware drye, feede it a newe little and little with water, styrringe it tyll it be well, and so shall you make it perfecte.

✣ *Certayne thinges, whiche he that will take in hande any foundinge or caſtinge of metalles, muſt alwayes haue readye, and in ordre.*

BEcauſe that inſtrumentes and meanes, be thoſe that make all thinges come oute of the woꝛkemans hande with a perfection, therfoꝛe, to the intente that whan the tyme is come to beginne a woꝛke, you be not vnfurnyſhed, oꝛ ſuſtayne domage foꝛ lacke of thinges neceſſary: Fyꝛſt, let your coales be of ſtrong woode, yonge and dꝛye, your croſettes oꝛ melting pottes without clefftes oꝛ chappes, and of graye coloure, which commonlie are better than the blacke, oꝛ white. you muſte haue a little burde to geue it bent ouer the mouth of the croſet, whiche is vncouered foꝛ certayne cauſes: a cane oꝛ reede to blowe awaye the oꝛdure and fylth out of the croſet, a thinge eaſier than with a payꝛe of bellowes: an yꝛon with a hoke, foꝛ to take the coales out of the croſet oꝛ meltinge potte, and likewiſe a payꝛe of tonges: a pꝛeſſe of woode to kepe faſte and ſure the fourmes oꝛ mouldes in pouringe in the mettal: two little tables oꝛ moꝛe of walnut tree woode, oꝛ bore, oꝛ of ſome other harde and maſſiue woode, oꝛ elles of copper made very euen and equall on euery ſide, foꝛ to tourne the mouldes, and to keepe theim ſteddye: two pieces of wolle, oꝛ moꝛe, to the intente, that if in faſteninge the moulded in the pꝛeſſe, they be not equall and euen without fyde, theſe pieces may fil vp the empty place: a compaſſe and a rule foꝛ to parte and deuide the caſting holes and pipe wherin the mettal muſt runne: an yꝛon made like a ſcrapinge knife oꝛ raſoure, ſharpe at the end, and edged at the ſydes, ſuche as gilters do vſe to make euen the caſtinge holes, oꝛ pipes of moulded, the which wyll ſerue to make the bꝛeathinge hooles and pipes that the vapoure goeth out at whan the woꝛke is made, and hauinge no ſuche inſtrument, you may make them with

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a knife, as handsomely as you can. You must also haue readye a little oyle, and turpentine in a dysshe, with a litle paper, or some piece of linnen cloth to wette in the sayed oyle and turpentine, and to burne it, for to parfume the fourmes and mouldes whan they be well wiped, to the intente the metall maye runne the better. And because that sometime such parfume killeth vp the holowneſſe and engrauing of the worke, you must haue a hares foote to wipe awaye the superfluitie of it, and also for to swepe together the dust, to thintent it fall not whan you will caste anye thinge in the mouldes. And than must you haue a brushe, or rubber of latin wyer, and one of sylke, suche as men make cleane combes with, for to rubbe and polliſhe the worke, before it is fourmed and fashioned, to the intente to polliſhe it and dresse a newe, as neede shall be, whan the worke is caste.

The maner or order that a man ought to kepe, whan he wyll caſt or founde medalles, or any other thinge.

FIrste, you shall laye the medalle or other worke that you wyll caste, in a dysshe with stronge Vynaigre, Salte, and burned straw: than rubbe it well with your hande, vntill it be cleane: lykewise with a rubber, or brushe. This doen, washe it in freshe water, and wipe it with a linnen cloth. After this, laye vpon a table of hard wood, or of copper well polyshed, half the moulde or fourme, that is to say, the female. And let the myddle parte, that is to saye, that whiche is ioyned to the other, be layed vpwarde vpon the table, in whiche thinges thus layed, you shall lay youre medalles, or the thinge you will fourme or fashion, and let it be cleane, as we haue saied, orderinge it in suche sorte, if there be but one, that it be iuste and directlye agaynste the conduyte or pype, and as lowe in the frame as it maye, to

the intente that the pipe or cundite may be the longer, and that it may haue metall ynough. If there be more than one, you ſhal order and ſet them on the ſydes of the fourme or frame, and leaue place in the middle for to make the hole or pipe, to powre the metall in. And yf there be more then two, you muſte beware that one receaue not the mettall of another, but make to euery one his little pipe or condite, whiche maye aunſwere and come iuſtly to the pipe or hole in the middle. Then take one of the ſayed fine earthes, wel ſifted thorough a fine ſarce, and whan you haue wel brayed it, put it in a platter, or great diſhe, to the intente that in handelinge it, there go nothinge out, and you ſhall moiſte it little and little, with the water called *Magiſtra*, miringe it well with your handes, and rubbinge it ſo longe betweene your handes, that wringinge it with your fiſte, it holde and cleaue together, but you muſt note, that I ſpeake of moiſtinge it, and not of thorowe wettinge it, for it may not wete your hande in preſſinge it, nor cleaue vnto your hande like paſt, but that it onely holde together a little more or leſſe then drye flower or meale, and being ſo wronge in your hand, it may breake in pieces whan you touche it with your fingar. And hauinge thus brought it to a fourme, lay it handſomely vpon the medals in the fourme or mould, with thendes of your fingars, and than with your hand wringe it, and preſſe it harde downe, not ſparinge to preſſe it well, in puttinge vpon it the other little table, and preſſing it down with your handes, as hard as you can, yea with all your might.

Than with a cutting yron with a right and euen edge, and with a ruler made iuſte and euen by line the ſaied fourmes with the earth, cutting away handſomely, the earth that paſſeth ouer the ſaied mouldes, and ſo laye them vpon one of the pieces of wolle, and then the litle flat table, then you ſhal take with both your handes the two little tables, aboue and beneth, and holding theim faſt together, turne handſomlyȳ mouldes vpſide down, and taking of the table, you ſhal ſe vnder the medals, in

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lyftinge it vp, yf there be any earth entred in, if ther be, you muſte take it awaye with the hares fote. Then, ſetting the other part of the fourme or mould in his place, you ſhall fill it with the ſame earth, preſſinge it well, as before, and makinge it euen and equall with the yron. Afterwarde, with the poynt of the yron, you ſhall lifte vp a little, at one of the corners, halfe the moulde or fourme, and take it of fayer and ſoftly with your hand, and take out the medalles nimbly, touchinge them a litle round about, with the point of a ſmall penne or quil, if at the firſt they will not come oute, turninge downeward that part of the mould wherin they did sticke whā you opened it. And if yet they will not come oute, ſtrike them a croſſe with the point of a knife, vntill, that turninge downewarde the mouldes, they come out. And if in caſe they be not wel printed, according to your mind, you may put theim agayne into theyr place, and preſſe theim againe: and hauinge ſet on both ſides the twoo pieces of wolle, and the tables, cloſe theim in the preſſe. Fynallye, with the ſaied ſhaue, or ſharp yron, make the ſayed pypes or conduites holowe, compaſſinge theim with your compaſſe, and rule, in ſuche ſorte, that they come iuſte and equally: than ſhall you trimme them ſo agaynſte the fyre for to drye, tourning theim ſometime, vntyll they be well dried. Then with a matche or wyke tempered or wette in Oyle, and Turpentyne, and beinge ſet on fire, ſmoke it, and if there remain any ſuperfluous thinge, wipe it alway with the hares foot. Then ioyne them together agayne, and hauing layde to them the wolle, and tables, wringe them a little in the preſſe, and in the meane time hauing made ready and molten the metall (yf it be ſyluer, or white copper, it is knowen by the ſhininge of it, and clearneſſe in the melting pot: and if it be tinne, by caſtinge into it a ſtone, or ſome paper, and that it burne it) you ſhall caſt it, and the thinge ſhall go well, withoute anye other helpe or ayde, for to make it runne, ſauynge that after the tynne is molten, put in a little, that is to ſaye, a twentith part of *ſublimatū*

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in reſpecte of the whole quantitie, and one eyghte parte of Antimonium: for beſyde that theſe thinges make it runne well, they harden it and make it ſownde well. Then the mouldes beynge colde, take out handſomelye the medalles: and whan you will caſte other, you muſte parfume and ſmoke the mouldes agayn: and then preſſe them, and ſo caſt your thinges as before, and do it as often as you thinke good. And if you ſee that the mouldes be not broken, and that you will kepe them for another tyme, you maye laye them in a drie place, and they wyll kepe well. Finallye, the ſayde earth taken oute of the mouldes, brayed and ſifted, will be alwayes better to ſerue your tourne. The medalles ſo caſte, are ſodden againe afterwarde, and ware white, ſo that they be not of Tynne. Alſo you maye geue to all theſe medalles what colours you will, as we wil declare more at large hereafter.

To make a white, to blaunche and make white medalles, or other thinges newlye molten, and alſo for to renewe medalles of olde ſyluer.

TAke the medalles, or other thinges newly founded or molten, or elles the olde ones that you will renewe, and laye theim vppon the coales, tourninge theim often, vntill they ware of a graye coloure, than rubbe them with a brush of copper lyer, puttinge them afterwarde in this white coloure folowinge. Take ſalte water of the ſea, or common water ſalted, with a handfull of baye ſalte, wherin you ſhal put the lees of white wine, and Roche Alome rawe. Boyle all this in a panne leaded: and if the worke be of copper, made white by anye ſophiſticall ſubſtaunce, you ſhall put to it theſe thinges folowinge, that is to ſaye, Syluer beaten, or Siluerfoile, the weight of a Spaniſh Reall, Sal Armoniacke, waying three times as much, Salte Peter the weighte of fiue Realles. All the ſayed thinges beynge put in ſome potte of earth, with a couer

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hauinge a hole in the middes, set them in the middle of the fyre, coueringe it with ashes and coales vp to the necke, and leaue it there so, vntill all the humoures be breathed out, then let all coole againe, and beate it into pouider very small. This doen, take an vnce of this substaunce, or somewhat more or lesse, and boile it in the saied white confection of the salt water, onelye halfe a quarter of an howre, puttinge in the medalles, or other workes. Then poure out this water with the medalles into cleere and luke warme water, and after rubbe the medalles with the Tartre or lees, and other thinges that remayne in the potte: and hauinge washed them well with freshe water, wype them drie.

¶ To gylt yron with water.

TAke well, riuer, or conduite water, and for thre pounde of the same, take two of Roche Alome, an vnce of Romaine Vitriolle, the weight of a penny of Verdegrese, thre vnces of *Sal gemma* an vnce of Orpimente, and let all boile together: and whan you se it boyle, put in lees called Tartre, and bay salte, of eche of them halfe an vnce, and whan it hath sodden a little while, take it from the fire, and paint the yron with all, than hauinge set it in the fyre to heate, burnishe it, and it is doen.

¶ The lyke another waye

TAke Oyle of line foure vnces, Tartre or wyne lees two vnces, the yelkes of egges hard rosted and stamped, two vnces, *Aloes cicotrinum*, an vnce Saffron a quarter of a dragme. Boile all these thinges together in a new earthen potte a good space, and if the oyle of line couer not all the saied substaunces put in more water vntil there be sufficient, then anoint your yron with this mixtion, hauing fyrst burnished it, and so shall you make it of the colour of golde.

To gylte yron with golde foile, and water, or elles with golde mixte with Quicke Syluer, as goldsmythes are wont to gilte siluer.

TAke Romayne vitriole an vnce, roche Alome, two vnces, salte Armoniack an vnce: all these thinges beyng well beaten in poulder, and boiled in common water, take your yron wel burnished, and wette it with the sayed water, rubbinge it well: than lay on your goldefoyle, and let it drye by the fyre. This doen, burnishe it with stone Hematite, as men are wont to do, and it wyll be verye fayre. If you will gilt with golde mixt with quicke syluer, as goldesmithes vse to gilte syluer, you shall adde to the saied water, a dragme of Verdigreese, half an vnce of Sublimatum, and let it boyle al together, than put your yron to boyle in the saied water: but if it be so greate that it can not go in, rubbe it with the saied boylinge water, and heate it, that it maye receiue the *Amalgama* of the quicke syluer and the gold, the which *Amalgama* we haue taughte you to make in the fift boke, in the chapiter of minglinge or miringe golde. And whan you haue heated the yron, gylt it with the same golde so mixed with the quicke syluer, and smoke or fume it at the fyre with a lampe, or with Brimstone, as goldsmithes commonly do, or rather with ware, wherof we wil hereafter shew you a very good maner and waye, and better then that is vsed in Germany, or in any place where it hath hitherto ben vsed.

To die or coloure into the colour of brasse, or also to gylte Syluer, whiche sheweth better, and continueth longer.

IT is a thinge most certaine, that gold set vpon whyte yron or syluer, sheweth not so fayre as vpon brasse: for as sone as it beginneth to weare a litle, men may see the whitenesse of the yron

or

or syluer, whiche is not so soone seene vpon anye redde coloure. Therefore many practicions, whan they wyll gylte anye woode, or other thinge, laye the bottome or grounde (not of redde, as the most part do) but of yelow to the intente that the golde shall not so soone appeare worne, as vpon the redde, and more vpon the white. The sayed yellow can not be laide vpon yron or syluer: but leauing all this aside, whan you will gilt syluer, or geue a colour of brasse vnto yron, you shall do after this maner. Take verdet, or Verdegrise, Vitriol of Almain, and salt Armoniacke, at your discretion, but let the Vitriole be of a greater quantitie than the other thinges: put all this well beaten in poulder into stronge Vinaiger, letting it boile halfe an houre. And when you haue taken it from the fyre, while the substaunces be yet boilinge, you shall put in your yron that you will coloure, coueringe well the pot with his couer, and with cloth vpon it that it vent not out, and so let it coole, and you shall haue your yron well coloured, of a brasen coloure, and thus maye you gilte it with quicke syluer, as yf it were brasse. Esteme this as a goodly secrete, and also profitable.

A water or colour to laye vnder Diamondes, as well true as counterfeite, that is to saye, made of white Saphyres, as we wyll declare afterwarde.

TAke the smoke of a candell, gathered together in the bottome of a basen, and make it into a dowe with a little oyle of Masticke: than putte the saied mixtion vnder the Diamonde in the ringe, where you wyll set it.

To counterfayte a Diamonde, with a white Saphyre.

This ſecrete is knowen well ynough of the Jewellars, that vſe almooſt all one maner indifferent good: but we (after we haue deſcribed theyr faſhion) will ſhewe you a way far better. They take a Saphire of a good white coloure, and ſet it in the fire in a goldſmithes croſet amonge the fylinge of yron, or of golde, thinking becauſe it is of great value, that it is better for ſuch a purpoſe, but yet the fylinge of yron is a great deale better. They let this fylinge or rubbyſh of yron become almoſt redde, without meltinge it, and caſt theyr Saphire into it, leauing it therein a pretty while. And after they haue taken it out, if the white colour like a Diamond do not like them, they caſt it in agayne, and ſo often, tyll they ſe it be to their fantaſie, than they ſet it in a ringe, and colour it as before. Nowe here foloweth another waye a great deale better. Take white ſmalte well beaten in pouider, and mingle it with the ſayed filinge of Golde, or yron, but ſo that there be as muche ſmalte as filinge, then take a little other ſmalte without fylynge, and make it into dowe, with your ſpettle, and in this dowe wrappe your Saphire, and let it dry well at the fyre. This doen, tye it at the ende of a ſmall and fine wyer, and leaue the other ende ſo longe that you maye plucke it out whan you will. Afterwarde couer it with the ſaid filinges, and leaue it ſo on the fyre a certaine ſpace, vntyll the filinge be very hote, as is aforeſayd, but ſo that in no caſe it melt: than plucke out once youre Saphire, to ſe if the colour pleaſe you, if not put him in agayne, vntill it be fayre to your minde.

To ingroſſe thinne Balleſſes, to ſet in ringes.

If you haue Balleſſes as thinne as paper, dreſſe them of what greatnes or largeneſſe you wyll, and take a piece of fine Criſtall coloured lyke a Balles: then take a great graine of Maſtick, the whiche you ſhall ſticke vpon the pointe of a knife, and

heate

heate it well agayne the fyre, and sodaynlye it wil caste out a little droppe like the teare of a mans eye, hauing a lustre like a pearle, with the whiche droppe, glewe on the saied Balles vpon the Cristall, and feare not that it will gather to a lumpe, or hinder the colour: Then polishe it, and geue it a lustre, and so set it in golde, and it will be very fayer, and seeme to be veryly a Balles.

To make Rubies of twoo pieces, and Emeraudes, as they make them at Mylan.

TAke the drop or teare of Masticke, whereof we haue spoken in the Chapiter before, and if you will make Emeraudes, you shall coloure it with Spanish grene tempered and mingled with Oyle, puttinge to it a little ware, if neede be, and if it be to thicke, temper it with water: But if you will make Rubies, take Gomme Arabicke, Alom succarine, rawe Roche Alome, as much of the one as of the other, and let it boyle all together in common water: than put into the sayd water some Brasill cutte small, and let it seeth, puttinge to it some Alome Catine so called, because it is boyled in a caudron, of the whiche the more there is, the darcker it will be: then take the droppe of Masticke abouesaid, and colour it with the saied redde. This doen, take twoo pieces of Cristal, dressed and trimmed with the whele, of what fashion and greatnes you will, so that the piece whiche you will laye vppermoste, be not so greate as the other vnderneth, that is to saye, the one dressed vpon the other, as the nayle vpon the finger, iust on euery side. After this lay that vndereth, vpon a litle fire pan, or some other instrumente of yron on the coales, that the saied Cristall may be verye hote, and than touche it vpon with the saied redde droppe or teare, whiche you shall take vppon the ende of a sticke: but it must be so hote that it may droppe downe the better: and whan you see that the sayde piece of Cristall is

coloured yrought, you shall take the other lesser piece, that muste be set aboue, whiche lykewise must be hote, and set it vpon the saied droppe, and it wyll conglutinate and glew together the two pieces of Crystal, without chaunge any thicknesse or let vnto the lustre of the Rubie, the whiche will be cleare and bryghte on euerye syde. Afterward set it in your ringe, settinge to the Ruby the redde leafe, and the grene to the Emeraudes, as we wil teach you hereafter how to make the said leaues for all kinde of stones, as well fine, as artificiall.

✡ To make a paste or dowe for precious stones, as Emeraudes, Rubies, Saphyrs, and such like, whiche be but of one piece, well coloured within and without.

TAke potters lead burned, iii. vnces, and put it in as much water as will couer it a finger or two highe: then stirre it with your finger, letting it go down to the bottome. Afterward poure out the water, whiche wyll serue for to wette within side the earthen pot leaded, to thintent that the matter cleaue not to the sydes of it, wherin you put all the substaunce. Than take other. iij vnces of Vermillion dryed, and mingle it with the sayd leade, then an vnce of Crystall calcined and burned, or elles of a Calcidoine stone, with. xiij. or. xvj. carattes at the moost, of Rubricke, or sparkes of Copper. All these thinges well stamped, and mingled together, you shall put in a pot of earth leaded, well wette within with the said water of the lead: then couer it, and set it in a glasse makers furneis, by the space of thre or foure dayes, and you shall haue a very fayre paste or dowe, the which you may cause to be dressed with the wheele, as you wil. At Venise men bye the stone for a grote or sixe pence at the moost. And for to make yellow stones, you shal put to it the rust or rubbishe of yron. And to make Rubies, put to it Cynople or redde leade: and in those that be of colours, you shall folowe the order that we wyl teach you hereafter.

To

✣ *To make Emeraudes, and other ſtones or Iewelles.*

TAke *Sal alcali*, and diſſolue it in water, diſtillinge it thorough a felt, and drye it, then diſſolue it agayne, and drie it ſo three times, afterward beat it into poulder: then take fine Criſtall, and cauſe an Apoticarye to ſtampe and ſift it for you, as they do Criſtall prepared. Then take two vnces and a halfe of the ſaied Criſtal, of *Sal alcali*, two vnces, Spaniſh greene an vnce, fyrſte tempered and ſteped in Vinaygre, and than ſtrained. The ſayd thre poulders, you ſhal put in a veſſell, as in a newe earthen pot leaded, the whiche pot you ſhall lute and clay ouer, and couer it that it take no vent, then leaue it ſo clayed and luted the ſpace of three dayes, the longar the better, vntill all be thorowe drye. Afterwarde, you ſhall putte it in a potters furneis, the ſpace of. xxtiij. houres. Then take the ſayde compoſition, and dreſſe it as men do fyne ſtones, and you ſhall haue them excellent. And if you wyll haue Rubies, put Cinople to it, in ſteade of Spaniſhe greene. If you wyll haue Saphirs, put to it *Lapis Laſuli*, But if you wil haue Iacinthes, you muſte put in Corall in ſteade of greene Verderame, as is before ſayed.

✣ *To calcine or burne Cryſtall and the calcidoyne ſtone, to put in the ſaied mixtions of precious ſtones.*

TAke Tartre calcined and burned an vnce, and diſſolue it in a diſhe full of cleare water, then ſtrayne it out, and take the pieces of Criſtall, or Calcidoin ſtone, and heate them vpon the fyre in an yron ladle or fyre panne: than quenche them in the water that is in the dyſhe: take theim oute, and heate theim agayne, and quenche theim as before in the ſame water, doinge ſo fyre or ſeuen tymes, and they ſhall be verye well calcined and burned. Then beat them fynely into poulder and put it into the ſayd mirtion. Neuertheles remẽber, that if you wil make Emeraudes, you muſt beat ỹ ſaid ſub-

ſubſtaunces to poulder in a braſen morter: but if you will make Rubies: or other, you muſte ſtampe theim in an yron morter, and beware that they touche not the braſſe.

☞ *A water to harden the ſaied ſtones.*

Becauſe that all the ſaied artificiall ſtones are commonlye brytle, for to harden them, do as foloweth. Take little pieces of Calamita, and calcine them as you didde the Criſtall: then beate them into poulder, and putte it in a moyſte place, vntill it be turned and diſſolued into water, with ỹ whiche you ſhal knede Vitriole Almaine, or Romayne, raw, without making it redde: then make thereof a ſofte paſte or dow, or elles a ſyroppe, whiche you ſhall ſtill in a glaſſe or Viol with a croked necke, or in an vrinal, and with the water that commeth of it, you ſhall knede barly flower, makinge a harde paſt, in the whiche you ſhall wrappe your maſſe of ſtones, made as is before ſaid, or the ſtones ſelf, whan they be dreſſed and faſhioned with the whele: then put them, ſo wrapped in the ſame paſte, into an ouen with a bache of breade, and take them out with the breade. And whan you haue taken of the paſte, you ſhall finde your ſtones harde, as if they were naturall. If you ſe it be neede, you may couer theim with the ſayd paſte, and bake them againe in the ouen, and than ſhall you haue them parfite and harde.

☞ *To calcine fyne ſyluer.*

Singe that we are entered into the matter of calcininge, we will ſhewe you the calcination of fine ſyluer, and than of *Talcum*, as we haue promiſed before. There be diuers wayes of calcininge ſyluer, wherof we wil

put

put here three of the best. Take fine syluer beaten very fine and thinne, then cut it in pieces as bigge as a Spanishe ryall, or more or lesse, for it maketh no great matter: then take a croset, or an erthen potte, and lay in the bottome of it a rancke of common salte, not white, nor prepared or trimmed to eate, but euen as it cometh out of the salines or salt panne, and it must be stamped very small. Upon this salt you shall laye likewise a rancke of the sayd pieces of syluer, and then another of salte, and another of siluer, and so consequently as longe as your syluer lasteth, in such sorte, that the last rancke may be of salte, and that good and thicke: then couer all this with a paper, lutinge and clayinge well the croset, or little earthen potte, and leauinge a little hole in the coueringe the biggenesse of a goose quill. And whan it is drie, couer it ouer, and roundc aboute, with coales and embers, and leaue it in suche a fyre, at the least three or foure houres: then hauing taken it out, and all beyng coole, open the croset, and take out the pieces of Syluer one after another, makinge theim cleane that the salte stick not vpon them. And if you perceiue that they be so brittle that you may break them with your finger, like a cruste of bread, it is done & made: if not, put them again into the croset or pot, setting them in the fyre as before. And to make it perfitly, you ought to do this thre tymes or more. This doen, make your siluer into poulder, and wash it in a dishfull of hote water, & let it sincke to the bottom. After, straine out the water so handsomly, that you lose no part of ỹ said poulder: or to auoid al daũgers passe it thorow a felt: this doen, put other hote water to it, & straine it out as before, so often tyll you may know by the tast of the water, that al the salt is purged away. Than shal your syluer be well calcined, & diminished of the weight, dried, and become frõ his nature into a mas sif part, and somwhat like vnto gold. Thus wil it serue you for diuers thinges, if you can dresse it wel. The like is done with *Talcum*, in steade of common salt: but than you nede not washe it in hote water. Some calcyne it

with ſalte, or Talcum twelue or.xb. times, and more, to the intent to haue it more maſſiue and ſounder, and more commodious to take colour. It maye be alſo doen in this manner, that is to ſaye, to melte the ſyluer in a Goldſmithes meltinge pot, and for euerye vnce of the ſame, to put in a pound or more of Brimſtone ſtamped, and that little and little. True it is, that ſo it wyll conſume more than by the ſalte, or Talcum, but it ſhall be farre better if the Brimſtone be fyrſt purged in ſtronge lye (that is to ſaye, made with ſtronge aſhes, and quicke lime, or ſuch lyke thinges.) Nowe let vs come to the other maners of calcininge ſyluer.

☞ *The ſecond maner of Calcininge ſyluer.*

TAke *Aqua fortis ſeperatiua*, made with Salt peter and Alome, as we haue before declared, then take fine ſiluer, fyled or pollished, or beaten into leaues, or made in ſmall pieces, or graines, that is to ſaye, of the ſayd ſyluer one parte, and of *aqua fortis*, thre partes, and haue the ſaied water in a violl: then put in the ſaied ſyluer, and you ſhall ſe it will incontinent beginne to boyle, and that the bottome of the viol will be hote if the water be good. Let it ſo boyle, vntyll it boyle nor eate no more, holdinge ſtyl the violl in your hande, or ſettinge it in ſome place farre from the fyre. But if the water be not ſtronge, you muſt ſet it a lyttle to the fyre, holdinge ſtyll the violl in youre hande vpon the embers, or elles you may ſet it vpon a fewe aſſhes, or vpon ſome little furneis. And whan it hath lefte boylinge, and eaten all the ſyluer, you ſhall ſe the water ware greene, ſo that there ſhall remaine no ſyluer in the bottome, if that the water were well calcined and burned: for than it would make as it were white lyme at the bottome, or if there were any golde in the ſyluer, it would make it deſcende to the bottome in little round pieces, like pearles, or like ſande. Nowe, after that the ſayd ſyluer is diſſolued, and eaten of the ſayd *aqua fortis*,

you

you shall take another violl bigger, or an vrinal, or earthen pot half full or more of well or riuer water, wherinto you haue dissolued, and haue in a readines a good handfull of common white salte: then let the saied water be strayned two or three tymes. This doen, you shal poure the *aqua fortis* whiche dissolued the syluer into the salte water, leauing it so the space of. iiij. or six houres: then shal you finde at the bottome as it were a bedde of herbes or greene rushes, whiche shall be the syluer dissolued, and the salt *aqua fortis*, and also a part of the common salt that you did put in. Afterwarde distill the said water by a felt, and take the syluer that is so discended to the bottome, and put it in a crosset, coueringe it well, to thintent there fall no ordure nor fylth into it: than bury and couer it ouer and ouer in hote burninge embers, coueringe it wel also with fyre, that it may burne the space of. iij. houres or more. Finally, let it coole wel agayne, and poure the siluer oute of the crosset, into a dishefull of hote water, stirring it a little together with your fingar, and than let it rest: and after poure out fayr and softly the said water, and put in other, doing as before, vntill the water ware no more salt. This doen, let the syluer dry e, whiche shall be very well calcined for to serue your turne in any thinge that you will.

☞ *The thirde maner of calcining syluer.*

YOu shal mire together into dowe or paste called *Amalgama*, one part of siluer leaues, with thre or four partes of quick sslluer, as we haue declared in the fist boke, in the chapter of the maner how to bray gold: then bray this *Amalgama*, or paste, with cõmon salt, and set it to the fyre vntill the quick syluer be vanished awaye, afterward wash it with hote water, so much and so often, that the water be no more salt, then shall you haue your syluer calcined. After this, if you thinke good, you maye braye it againe with other salt, without other quick siluer: and then put it to the fire in

a croſet, three or foure houres, and waſhe it againe, as is aforeſayde.

To calcine Talcum quickly out of hande.

BEcauſe that *Talcum* is a thing of ſo great importaunce, and ſo muche deſyred of all good wittes, menne haue founde diuers wayes to calcine it, the whiche teache vs that we muſt put to it twiſe as much ſalt peter as common ſalte, or rawe Tartre with the *Talcum*, and then put all this in a furneis certayne dayes, and then to ſeperate the ſalte or Tartre, with hote water. Other heate it vppon the coales, and quenche it in pyſſe, and do it often times. Other ther be that wrappe it in litle white pieces of wollen cloth, and put it in the midees of a great fyre, the ſpace of halfe an houre, or more, and than they finde it thorowly molten and all in a light piece, and full of hooles like a ſponge, not much differing from burned Alome. All the whiche wayes, to ſay the trueth, are nothing worth, nor do not perfectly calcine it, where they corrupt the nature of the Tartre, and make it become lyke vnto quicke lyme, or Alome, or elles of little ſtrength. Nowe, for to calcine it out of hand and perfectly, you ſhal take the *Talcum* rawe and made into little leaues, or ſtamped as wel as is poſſible, and than put it in a croſet, or in a fyre pan among the hote coles. And whan it is very hote, or rather redde hote, you ſhal put to it drop by drop, diſtilled Vineaigre wherein Tartre hath ben diſſolued, and put therevnto the thirde part of Aqua vite, pouring it by little and litle vpon the hote lees or Tartre, that is to ſay, three vnces of Vynaigre for euery pound of *Talcum*: then take it from the fire, and you ſhal finde it fayr and wel calcined. Finally, you ſhal waſhe it with hote water, to thintent to ſeperate the lees or Tartre from it. It is calcined alſo, beinge made in leaues as thin as is poſſible, layinge them by ranckes or beddes, with little flat pieces of ſyl-

uer

uer, in a croſet luted and clayed, than put them in a furneis where glaſſe or bricke is made, by the ſpace of four or fiue dayes. The like is doen alſo with little pieces of Tynne.

☞ *An excellent and very eaſy waye to gilte yron, copper, and ſyluer, to make it ſeeme lyke maſſyue golde.*

FIrſt if you wil gilt ſiluer, or iron, you muſt geue it the colour of copper, as we haue aforeſaid: than take beaten gold, which you ſhal mire with quick ſyluer, and make *Amalgama* or paſte thereof, as is ſaid before, and ſhal put the ſaid *Amalgama* in a litle diſhe, vpon the whiche you ſhal poure the iuyce of a frute called *Cucumis aſininus*, ſuch a quantitie that it maye be aboue the ſayd ſubſtaunces a fingar high. Kepe this gold thus prepared and trimmed, and couer it, to thintent there fall no filth nor ordure into it, which you may vſe and occupy whan you wil. Afterward, the thinges that you wil gilt, muſt be very cleane, and well poliſhed, then with a penſell you ſhall geue them of the ſaid gold ſo prepared with quick ſyluer, and as it were diſſolued, rubbynge it well all aboute. If you wyll not do ſo, you maye gylte after the common maner of goldſmithes: yet notwithſtandinge with golde made into *Amalgama*, or mired as is aforeſayed, chafinge the worke that you will gylte with *Aqua fortis*, as they do. Then make the quicke ſyluer vaniſhe away, as the goldſmithes of Italy comonly do, that is to ſay, with a lampe of line ſeed Oyle, and with Brimſtone, and make afterwarde a gylt vpon the worke, that is lyke Saffron. But I counſell you to vſe this maner in the chapiter folowinge, whiche is partly the ſame that the goldſmithes do vſe, in Fraunce and elles where, but it is muche amended, and this is it.

A parfyt maner and waye to gilte, and to make the quick syluer to vanish away from the thinge gylted.

PUt in a pan the rubbish or scumme of copper, and the filinge of yron, then poure vpon it stronge Vynaigre not distilled, as much as will couer it two or three fingars high. Let it boyle so the space of an houre, then poure out the said Vineaigre, and put in other, letting it boile as before, and do thus foure or six times. Afterward make the sayd Vynaigres put together, to euaporate or dryue vp, or elles make it distill oute, for to haue one vynaigre of it, whiche will be good for manye thinges. This doen, you shal put vnto the sayd poulder remaining at the bottome, the eight parte of Almayne Vitriole, and as muche of *Ferretum* of Spaine, and the half of an eight parte of salte Armoniacke, with a little Brimstone: then into a little molten ware with a little Oyle of lime, or Oyle Olyue, you shal put little and little the saied poulders well mingled together. Fynallye take that whiche you haue couered with the saied *Amalgama* of golde and quick syluer, and with a pensyll couer and lay it ouer well with the sayed ware so mired, than put it, so dryed, in the middes of hote burninge coales, and let it burne and consume all the ware. This doen, you shall haue suche a gylt, that it shall be like massiue golde. And at the ende you may polish it with brusshes of copper wyre and colde water, or you may burnishe it as you wyll.

The ende of the Secretes of Dom Alexis of Piemount.

Here folowethe the Table of all the secretes conteined in this present volume.

The maner, and secrete to conserue a mans youth, and to holde back olde age, to maintaine a man allways in helth and strength, as in the fayrest floure of his yeres. Fo. I

To make a precious licoure, & of inestimable vertue, the whiche taken at the mouth, strengtheneth and augmenteth the naturall heate, and radicall moisture, purifieth the bloud, and clenseth the stomacke from all superfluitie of humours: and by that meane conserueth the health and youth, and prolongeth the life of him that vseth it. Folio. I.

A potion or drinke to be vsed in stede of Syrop, good for men of all ages and complections, that will be purged: the whiche taken what day you wyll dryueth away the euill humours, without mouinge or troublinge the good, or doinge any hurt. And is also very good for the great pockes, and al infirmities, as wel of the stomacke as of the heade, and is likewyse profitable for them that be in health, to take twise in the yeare of an ordinary purgation, that is to saye, at the Springe, and in September. Fol. 5.

A very easy and good remedy for to heale all manner of pockes: whiche is made with little coste, and requyreth not that a man kepe his bedde or his house, but may vse it goinge in the stretes. And it is also verye good for all sortes of greife in the ioyntes, in what parte of the body so euer it be. Fol. 6.

To resolue and reduce golde into a potable licour, whiche conserueth the youth and health of a man, as wel taken by it selfe, as mired with the forsayde licoure spoken of in the second chapiter of this present boke, and wyll heale euery disease that is thought incurable, in the space of seuen dayes at the furthest. Fol. 6

To heale an excrescence or growyng vp of the flesshe, within the yarde of a man, albeit it were rooted in of a long tyme. Folio. 8.

To heale all maner of inflammation, and euill disposition of the liuer, and by this secrete been healed certaine persones, whiche had their faces as it were Lepre, greate swollen legges, their handes inflamed, and rough within side. Idem.

To heale the Emeraudes or Piles, in a nighte, a rare secrete and very excellent. Folio. 9.

A singuler oinctmente, whiche healeth all burnynges with fire, not leauyng cicatrice or skarre where it was. Idem.

A parfite and proued remedie for theim that bee weake of stomacke, and can not keepe their meate without vomityng it vp again. Idem.

An excellente remedie wherewith a woman of thirtie and fire yeres was healed, that had so marred her stomacke, that in the space of twoo yeres and an halfe, she was neuer naturally purged douneward: and as sone as she had eaten any thing, she vomited it vp againe, so that she became yellowe, and as drie as a sticke. Folio. 10.

Three remedies verie good against the wormes in littie children. Idem.

The seconde remedie. Idem.

To thirde remedie. Idem.

To heale children of the Lunatike disease, whiche happeneth vnto theim, by reason of a worme with twoo heddes, that breadeth in their bodies, the whiche worme, comyng vnto the hart, causeth them to haue soche a passion, that often times it killeth the. Fo. 11.

A remedie for the sallyng sickness. Idem.

To make oile of Brimstone, to heale all maner of Cankers, diseases or sores, whiche come of a putrified humoure, and renne continually, commonly called Fistules, and also to heale inueterate and olde woundes. Idem.

To

To take awaie the venime or poison from a wounde, made by some poisoned weapon or arrowe. Idem.
Against the bityng of all venemous beastes. Idem.
To drawe an arrowe heade, or any other Iron out of a wounde. Folio. 12.
Against a vehement cogh of young children. Idem.
For hym that hath a bunche or knobbe in his heads, or that hath his heade swollen with a fall. Idem.
A good remedie for one that is deaffe. Idem.
To heale a woman that hath the Matrice out of her naturall place. Folio. 13.
To make a womās Milke to come and encrease. Idem.
A verie good Secrete for the Gommes or Burgeons, that remaine of the greate Pockes, as well olde as newe. Idem.
An other remedy for thesame burgeons of pockes. Idē.
A verie easie and parfite remedie for hym that hath any blowe with a Sworde, Staffe, or stone, or other like thyng, yea, though he were greuously wounded. Idē
A water to heale all maner of woundes in shorte space: whiche is a thyng that euery manne ought alwaies to haue in his house, for the accidentes and chaunces that maie fall, seeyng it is easie to bee made, and with little coste, and that it is of so meruellous an operation. Idem.
To make oile of Saincte Jhonsworte, whiche is called in Venise, and diuerse other places, redde oile, and is of soche vertue, that a manne can skante expresse it, as well to heale woundes, as other infinite diseases, whereof we will shewe the moste notable, and those that we haue founde true by experience. Fol. 15.
To make oile of a redde Dogge, by the meane whereof (beside other infinite vertues that it hath) I healed a Frier of Saincte Onofres, who had, by the space of twelue yeres, a lame and drie arme, withered like a sticke, so that nature gaue it no moare nourishemente. Folio. 17.
To make an oinctment the most excellent in the world,

whose vertues are infinite, as we will declare afterwarde, whiche princes oughte to commaunde to be made and kepte in their common wealthes: and that it shoulde be made in the presence of Phisitions, as Triakle is made, or at the least euery man oughte to haue it in his house, and specially becausse a man may make a great quantitie of it, and the lengar it is kept the better it wareth. Fol. 19.

A very true and proued remedye agaynste a quartayne ague. Fol. 20.

To heale wartes, a secrete very excellent and easy to be dooen, proued and experimented vppon dyuers personnes. Fo. 21

A very profitable and easye remedye to be made againste plureses, whiche in two dayes healed a Smith that was almoste dead, and had not slept in .ii. nightes. Idē

Another secrete or remedy againste the sayd disease of the pluresie. Idem.

Another goodly secret againste the same disease. Fol. 22.

Another againste the same disease. Idem.

To make a water good for the brest or stomacke, of the whiche men vse to geue them drinke that be tormented or grieued with the stitche in the side, or pluretik apostumes: the whiche water is of a meruelous good sauoure, and mondifieth very well the breaste or stomacke. Idem.

Agaynst all diseases of the mouth, palate, throte, gummes, and Jawes. Fol. 23.

For all woundes or sores of the legges, be they recente or olde, although the legges were coueerd ouer with them, and eaten vnto the bone. Idem.

To heale swollen knees or legges, redde, and full of humours: a secrete meruelous good, easye to be made, and of litle charge, and often times proued. Idem.

A very sure and parfit remedie agaynste a Sciatica, oftentimes proued and experimented in dyuers partes of the worlde. Fol. 24

A water for to heale in .v. dayes at the moost, all maner of

of greate ſcabbes, as well inwarde as outwarde, and is a water cleare and white, and of an odoꝛiferous ſauoure, ſuche as a manne maye pꝛeſente to a Quene. Fol.25.
Againſt the diſeaſe oꝛ greif of the flankes, and the colick paſſion, erperimented and pꝛoued diuers times. Idē
Another remedy agaynſt the ſame. Fol.26.
Another parfit remedye agaynſte the ſame diſeaſe, and to make a man piſſe that hath ben thꝛee oꝛ four days without making water, and that in the ſpace of half an houre, and will bꝛeake the ſtone in ten oꝛ twelue dayes. Idem.
Another remedye agaynſte the ſtone, and payne of the reynes. Idem
The laſte and mooſt excellent remedy of al, agaynſt the ſtone, be it in the reynes, oꝛ in the bladder, of what qualitie oꝛ quantitie ſo euer it be. Folio.27.
Foꝛ hym that ſpitteth bloude, by hauing ſome beyne of his bꝛeaſt bꝛoken. Idem.
Agaynſt the greif in the lunges, and ſpittinge of bloud a thinge erperimented. Fol.28.
Agaynſt the payne of the flankes, of the reynes, and all other greifes. Idem.
Againſt the ſtinkinge of the bꝛeath. Idem.
Agaynſt the bytinge of a madde dogge, and the rage oꝛ maddeneſſe that foloweth the manne after he is bitten. Idem.
To take awaye the dead fleſhe that cometh oꝛ groweth in the noſe. Idem.
Foꝛ one which (with falling from ſome high place) feareth to haue ſomething bꝛoken in his body. Idem.
A very good and eaſy remedye againſt the diſeaſe called the kinges euyll. Idem.
Another remedy againſt the ſame diſeaſe. Fol.29.
To knowe whether a woman ſhall euer conceiue oꝛ not. Idem.
A very rare remedye foꝛ to take the kernelles oute of a mannes thꝛote in fifty dayes at the furtheſt. Idem.

Another

An other remedie easier to be made. Folio.29.
A thyng experimented and proued to bee very true, against thesame disease. Idem.
To make the skin stretche, and retourne again into his place, after the kernell is healed. Idem.
A verie exquisite remedie against the disease, called in Latine Augina, and in Greke Synanche, whiche is an inflammation of the Muskle of the inner gargille, the Frenche menne call it *Squinancie*, in Englishe, Quinsey. Folio.30.
An other against thesame disease. Idem.
An other against the sickneesse. Idem.
A verie good remedie against the kynges euill. Idem.
To heale the same disease by a substaunce taken at the mouthe. Idem.
A heauenly water, whiche hath many goodly and notable vertues, as we will shewe you after. Folio.31.
Pilles of a meruelous operation and vertue, againste the Sciatica, whiche we promised to speake of, in the Chapiter of the Sciatica. Folio.32.
A notable secrete to heale a madde manne, be it that the madnesse came vnto hym, by a whirlyng or giddinesse in the heade or braine, or otherwise. Idem.
Pilles of Master Michaell a Scotte, the whiche heale the griefe or paine of the heade, be it inueterate or recent, purge the braine, clarifie the sight, cause a man to haue a good memorie, good colour in the face, and be also verie good for many infirmities. Folio.33.
Against the paines of womens breastes, a verie excellent remedie. Folio.44.
To ripe a Fellon, Cattes heere, Botche, Boile, or other apostumes or swellynges, whiche haue neede of quicke and sodain rippng. Idem.
To resolue a Fellon, Cattes heere, Boile, or Botche at the first beginnyng. Idem.
To make Emplastrum Aureum, whiche is of a wonderfull vertue, for all sortes of woundes. Idem.
An other excellent secrete, whiche was brought out of India

India, and is very good for diuers accidentes of mannes bodie. Folio. 44.
Against al maner of coghes, as well inueterate and old as recent and newe, a certain and sure remedy. fo. 35.
An excellente conserue againste the choghe, and all anguishe of the breast, whiche also mondificth and clenseth the stomacke, causeth a good voice, and a faire coloure in the face. Idem.
A goodlie and pleasaunte Secrete to heale the cogh, in rubbyng the solles of the feete: and is a thyng verie easie and certain. Folio. 36.
A verie goodly and easie remeadie to heale, in a daie or twaine, al maner of inueterat & old woundes wherin is growen deade and superfluous flesh, & woundes that can not be cured, by any other medicines. Idem.
Against al maner of pestilence or plague, be it neuer so vehemente, a moste certain and proued thing. Idem.
A verie good parfume against the plague. Idem.
An other remedie very good against the plague. Idem.
For hym that is sicke of the plague. Idem.
An ointment to make an apostume breake, and the sore of the plague to fall of. Idem.
An other remedie against the plague. Folio. 38.
An other verie good remedie against the plague. Idem.
An other perfite receipt against the plague. Idem.
An other against the plague. Idem.
A thyng oftentymes proued and experimented against the plague. Idem.
A preseruatiue against ỹ plagne oftētimes proued. Idē
An other. Folio. 39.
An other. Idem.
In a suspecte tyme of a plague. Idem.
An other wel tried & proued against the pestilence. Idē.
A verie parfite secrete against the plague. Idem.
An other verie good secrete. Idem.
To make a carbuncle and all other botches, apostumes and plague sores, to breake, a presente remedie, and verie easie to make. Folio. 40.

A verie good remedie againſt the markes or ſpottes of the plague, commonly called Gods markes. Fo. 40.
Againſt the mortalitie of the Peſtilence, a verie perfite remedie. Idem.
To make little rounde Apples or balles againſte the plague. Idem.
An oinctment to kill the plague. Fol. 41.
A verie perfite oile againſt the plague & al poiſon. Idē.
A meruelous ſecrete for to preſerue a manne from the plague: and hath been proued in Englande of all the Phiſitions, in that greate and vehement plague, in the yere. 1348. whiche crepte throughout all the worlde, and there was neuer man that vſed this Secrete, but he was preſerued from the plague. Idem.
A verie ſure and parfite remedie to cure a manne of the Peſtilence, and ſome there hath been, that haue been cured in a nighte: theſaied remedie is alſo good for Goddes markes, and Carbuncles, Boiles, Botches and ſoche like ſickneſſes, as ſaincte Anthonies fire, and ſoche other. Idem.
A verie goodlie and preſent remedie for to heale the peſtilence, and drawyng out the venime frō the botche, or ſore, or other like accident. Fol. 42.
An aduertiſement or warnyng of greate importaunce, to preſerue a man in tyme of peſtilence Idem.
To dreſſe and order the Iuice of Citrons, for the vſe of it, as is afore ſaied. Fol. 44.

Of the ſeconde booke.

TO make oile Imperialle, to perfume the heere or bearde of a manne, to rubbe his handes or glooues with, and to put alſo into the Lie or water, wherein Princes or greate mennes clothes are waſſhed, and this oile maie a man make with coſte inough, and alſo with little charge or expenſe. Fol. 44.
To make oile of Ben with ſmall charge, the whiche of it ſelf wil be odoriferous or ſoote in ſauour, and very excellente,

excellente, whereof parfumours doe vse aptly, for to parfume gloues, or other thynges with all. Fol. 45.
To make an odoriferous & swete water very good. Idē.
The seconde odoriferous water. Idem.
The third swete water. Folio. 46.
The fowerth swete water. Idem.
The fift swete water. Idem.
The sixt swete water. Idem.
The seuenth swete water. Idem.
The eight swete water. Folio. 47.
The nineth swete water. Idem.
The tenth swete water. Idem.
Oile of Orenges verie excellent. Idem.
Oile of Jasemine and of Violettes. Idem.
Oile of Nutmegges verie perfite. Idem.
Oile of Bengewin, verie excellent. Folio. 48.
Oile of Storax verie excellent. Idem.
Oile of Myrrhe, good for them that haue their flesh full of humours, and carraine leane, for to make it tractable, quicke, naturall, and strong. Idem.
The maner to make that oiles shall neuer ware mouldie, nor putrifie. Idem.
Poulder of Iris. Idem.
Poulder of Violettes. Idem.
A white poulder to put in little bagges. Idem.
Poulder of Cypres. Folio. 49.
White Musked Sope. Idem.
An other kinde of odoriferous white Sope. Idem.
To make Damaskine Sope Musked. Idem.
To get out the milke of Macaleb. Folio. 50.
Poulder of Ciuet verie exquisite. Idem.
A principall poulder. Idem.
A white odoriferous poulder. Idem.
A redde poulder. Idem.
A blacke poulder. Idem.
Poulder of Cipre verie exquisite. Idem.
An other waie to make it verie perfite. Folio. 51.
A swete and odoriferous poulder, verie excellent to laie

in chestes and cofers. Fol.51.
An odoriferous and swete poulder. Fol.52.
Oyle of Bengewine. Idem.
A very good and odoriferous poulder, to cary aboute a man, or to laye in cofers. Idem
Balles agaynste the pestilence or plague, whiche also geue an odour vnto all thinges. Idem
A princely lycour. Idem.
Liquide and soft sope of Naples. Idem.
To make the sayd sope muskt. Idem.
A very excellent paste and swcete, made with muske, whiche eaten causeth a swete breath. Folio.53.
Another very excellent. Idem.
Dentifrices or rubbers for the teeth, of great perfection for to make them cleane. Idem
Oyle of Bengewine odoriferous. Idem.
Oyle of Storar Calamita. Idem.
To make oyle of Labdanum. Fol.54.
Oyle of Nutmegges. Idem.
Another maner. Idem.
A very erquisite sope, made of diuers thinges. Idem
Sope with Ciuet. Fol.55.
Sope with diuers and excellent oyles. Idem.
Sope rosat. Idem.
White sope of a good sauour and odour. Idem
Perfect sope. Idem.
Whole and massiue blacke sope. Idem.
Damaske parfume. Folio.56.
Another partume of damaske. Idem.
An excellent pommaunder. Idem.
Another pommaunder. Fol.57.
Another pommaunder. Idem.
Excellent Ipocras. Idem.
To make little cusshins of parfumed roses Fol.58.
Matches or litle lightes of a very good odour. Idem
A composition of Muske, Ciuet, and Ambergrise. Idē.
A parfume for a chamber very excellent. Idem.
Sope of Naples. Fol.59.

Par-

Perfume for a lampe Fol.59.
A shorte perfume Idem.
An odoriferous perfume for chambers Idem.
A very good perfume for to trymme gloues wyth lytle cost, and yet will continue longe. Idem.
A very erquysite Cyuet to perfume gloues, and to annoynt a mans handes with. Fol.60.
Dyle of roses and floures, very parfyte. Idem.
Dyle of Cloues very noble. Idem.
To make an excellent parfume to perfume chambers garmentes, Couerlettes, Sheetes, and al other thinges, belongyng to any prince. Fol.61.
Rounde apples or balles to take out spotes of oyle or grease. Idem.
To make a past or dowe for sweete beades or beadstones. Idem.

Of the thirde boke.

A goodly secrete for to condyte or confite Orenges, citrons, and all other fruytes in syrop, whiche is a notable thinge. Fol.62.
The maner howe to purifye and prepare honnye, and suger, for to cõfyte Cytrons and al other fruites. 63.
To confite Peches after the spanyshe facion. Idem.
To make conserue or confyture of Quynces, called in latyne *Cotoneatum*, *Cidoniatum* or *Cidonites*, as they do in valence, whiche also the Genenoys do vse. Idem.
To make a past of suger, wherof a man maye make all maner of fruytes, and other fyne thinges, with their forme, as platters, dyshes, glasses, cuppes, and suche like thinges, wherwith you maye furnyshe a table: and when you haue done, eate them vp. A pleasante thinge for them that sitte at the table. Fol.64.
To make a confection of Melons or ponpones. Idem.
To make Melones & pẽpones swete & very delicate. 65.
To confyte orenge pilles, whiche maye be done at all tymes of the yeare and chiefly in May, bycause than the sayde pilles be greater and thicker. Idem.

To confite Walnuttes. Folio.65.
To confite Gourdes. Idem.
To confite Cherries. Folio.66.
To make little morſelles, as thei vſe in Naples, an exquiſite thyng, for thei be verie ſauorous, doe conforte the ſtomacke, and make a ſwete breath. Idem.

Of the fowerth booke.

A odoriferous and precious water, wherewith a manne maie weate or bath any linen cloth, to wipe or rubbe his face, whiche will make his fleſhe white and well coloured: & the more a manne rubbeth his face with it, the fairer it is, and alſo continueth fire monethes, a thyng experimented and proued, yea, and it wer for a quene. Foli.67.
To make a water that will make a white and pale perſone, well coloured. Idem.
A verie good water, to make the face appere of the age of.xxv.yeres. Folio.68.
A water to beautifie the face, and all other partes of the bodie. Idem.
A water to make the ſkinne white, and to take awaie the Sunne burnyng. Idem.
An other water to beautifie the face, and to make it appere of the age of.xv.yeres. Idem.
An eaſie water for ladies and gentlewomen. Idem.
To make a goodly luſtre, or beautifiyng of the face, good for ladies and dames. Foli.69.
To take out ſpots, lentilles, or pimpels in the face, Idē
A verie good waie, how to giue a luſtre or ſhewe, to all diſtilled water. Idem.
To make a water of white Pelōs, that maketh a faire ſkinne. Idem.
To make a verie good water of Gourdes, as well garden Gourdes, as wilde. Folio.70.
An ointment for the face, whiche beyng kepte on, or vſed continually, the ſpace of eight daies, altereth the ſkinne, and reneweth it finely. Idem.

For

For hym that hath naturally a redde face. Folio. 71.
To make Aqua argentata, or siluer water, whiche maketh a white, ruddie, and glistryng face: and is made like a water, and not like an oyntment, that the Dames of Italie, for the moste parte dooe vse, although that fewe men make it, as it ought to be made. Idem
To make an ointment for the face. Idem.
To make a redde colour for the face. Folio. 72.
To make the face faire. Idem.
To make the face faire an other wate. Idem.
To make the face faire. Idem.
To make a water, that maketh the face white. Idem.
An other maner to make the face faire. Idem.
To take spottes, lintelles, or redde pimples, out of the face. Idem.
To take of a ring worme or tetter, that renneth al ouer a mannes, called in Frenche, *Le feu volant*. Folio. 73.
To driue awaie Lise. Idem.
To make a water that taketh awaie al stainyng, diyng and spottes from the handes of artificers, that get thē by working, and maketh them very white and faire: it is also good for them that be sunne burned. Idem.
To make a water, that make the flesche and skinne of a manne or woman verie faire, and will be kept like a precious baume. Idem.
A verie goodlie water to washe the face, necke, and the breast, whereof a manne maie make a greate quantite, for the more there is of it, the better it is: it maketh the skinne and the flesche of the face, faire, not hurtyng or destroiyng the teeth, and shall seme that the face is nothyng at al holpen with any colour, but that is euen so by nature. Folio. 74.
To make a verie excellente redde coloure for the face, whiche is naturall, and continueth long vppon the face, makyng it alwaies gaier and fairer. Idem.
An other kinde of redde verie good for the face, easier to make, and with lesse coste. Fol. 75.
An excellent white aboue al other. Idem.

To make heare as yellow as golde. Idem.
To make lye to washe the head, whiche (beside that it comforteth the brayne, and the memory) maketh the heare longe, fayre, and yellow like golde. Idem
Lye to make heare blacke. Fol. 76.
An oyle for to annoynt the heare, whiche maketh it yellowe lyke golde, longe and glistering lyke burnished golde. Idem.
A very goodly way or maner howe to make yellowe aberne heare, without standing longe, or nothinge at al in the sonne, a rare and a very excellent secret. Idē
An oyntment to make the hearcs fall from any place of the body. Fol. 77.
An oyle or lycour to make the heare fall of, and maye be kept as longe as a man wyll: It is also good for all occasions. Fol. 78.
An aduertisement or lesson for them that will make the heare fall of. Idem.
To cause that the heare shall grow no more, or to make them come out thinne and fine lyke the fyrst soft hear or mosines of the face. Idem.
To make a kind of cloth or plaister to take the heare frō the face, neck, & handes, or frō any part of the body. 79
A merueilous secrete, whiche the greate lordes of the Moores do vse, wherby they make that their children haue no hear vnder their armes, or other place wher they wyl. And this secrete found I in Siria, the year 1521 by the meanes of a lorde of the countrey, whose doughter I healed. Idem
To make a kind of cloth, called cloth of Leuant, wherwith women vse to colour their faces. Fol. 80.
The same another way, Idem
To dye a white beard or heare of the heade into a fayre blacke. Idem
A noble and excellent poulder to make cleane the teeth to make them fast and white, & to conserue the gommes, a better thinge can not be found, and it were to present to a Quene or princesse. Fol. 81.

To

To make a very excellent conserue to scoure the teeth, to comforte the gommes, and to make a swete and good breath. Idem
An aduertisement or lesson concerning the makynge of poulders, and conserues for the teeth. Idem
An ereeding white and good poulder to scoure the teeth whiche is meter for lordes and great men, than anye of the other before. Fol. 82.
A distilled water, excellent for to make the teeth white immediatly, and to preserue them wonderfully. f. 83.
Thre aduertisementes or lessonnes of importaunce, to kepe the teeth white and uncorrupt and also a swete breath. Idem
A decoction to washe and scour the mouth, to fasten lose teeth, to consolidate and make sounde the gommes, and to make the flesshe growe agayne if it were decayed or fallen awaye. Fol. 84.

Of the fyfte boke.

TO make parfit Asure, suche as cometh from beyond the seas. Fol. 84.
To make a fine confection of grayne, called Lacca of grayne. Fo. 86
To dye bones into a grene colour. Idem.
Another maner howe to die bones, or Iuorye, into the colour of an Emeraude. Idem.
To die bones redde, blew, or of any colour you wil. Idē
A very goodly secrete to die or colour wood, of what colour a man wil, which some ioyners dovse that make tables, and other thinges of diuers coloures, and do esteme it among them selues to be of such excellency, that one brother will not teache it another. Fol. 87
To counterfeit the black wood called Hebenus, or Hebenum, & to make it as fayre as the natural Hebene, whiche groweth no where but in India. Idem.
To die scinnes blew, or of the colour of Asure. Idem.
To dye skynnes in Thickwerde, called in latyne *Rubea maior*

maior or *Rubra tinctorum*, into a redde colour. Fol. 88.
To dye Skinnes greene. Idem.
To dye the saied Skinnes an other waie. Idem.
An other waie to dye Skinnes of Asure colour and faire. Folio. 89.
An other maner to dye Skinnes greene. Idem.
To dye Neates leather into a grene colour, as well in gal as in leaues. Idem.
To dye Skinnes grene, with the flower of Ireos. fo. 90
To dye bones in a Turkishe or redde colour. Idem.
To dye Hogges bristelles, and other thynges, for to make rubbars and brusshes. Idem.
To dye the saied bristelles yellowe, grene or blewe, or any other colour. Idem.
To make Purple, whiche is a colour, wherewith men vse to make a coloure like golde, for to painte and write with. Idem.
To make Lacca of Brasill. Foli. 91.
To make white tables to write in, with the poinct of a wire, soche as come out of Germanie. Idem.
To make Roset or ruddle. Idem.
To gilte ouer Parchemente, Leather, or other soche woorke, whiche menne vse in steade of hangynges, or Tapistrie. Folio. 92.
To dye Crimson silke. Idem.
To prepare and trimme Brasill, for to make of it foure diuers colours. Idem.
To make Roset of Brasill an other waie. Foli. 93.
To make beyondsea Asure, without *Lapis lasuli*. Idem.
To make a grene coloure, to write or paint with. Idē.
To braie fine golde, wherewith a manne maie write, or painte with a pensill. Idem.
The same an other waie. Idem.
An other waie with purpurine. Folio. 94.
To make a grounde to gilte vppon, with burnished Golde. Idem.
To laie or settle golde with a single ground. Idem.
An other waie to laie on golde. Idem.

To

To make colours of all kinde of metalles. Idem
To laye golde on a blacke ground. Idem.
To make letters of the colour of gold without gold. Id.
To make syluer letters without siluer. Idem.
To make greene letters. Fol 95
To make white letters in a blacke field. Idem.
To make a greene colour for to write and paynt withall. Idem.
To trimme and dresse Asure. Idem.
To dresse or trimme Cinabrium, for to write or paynte with. Idem.
A ground to lay golde vpon any metall or yron. Idem.
To gylt the edges of bookes. Fol. 96.
To kepe and preserue whites of egges as long as a mã wyll without corrupting, and without putting Arse nick to it. A secrete not muche knowen. Idem
The maner howe to make the grounde or foundation for Indicum. Idem
Another perfit ground for the same thinge. Idem
A goodly way howe to make gold and siluer into poulder, a thinge easy to be done, and there wyll come of it an excellent colour. This is a very rare secret, whiche hath not ben vsed nor knowē vntil this preset. 96
To make a very fayre Vernir, to vernish the said gold, and all other workmanshippe. Fol. 97.
To braye or breake gold or siluer easely, after the comen maner that the best workmasters do vse. Fol. 98
To make a lycour, that maketh a golden colour without gold. Idem.
Another lycour of the colour of golde, for to wryte, and to gilt iron, wode, glasse, bone, & other like things. 98
Another goodly licour, to make a golden colour with litle cost, and is a thinge easy to be done. Fol. 99.
To make incke, or a colour to write with, in a verye good perfection. Idem.
A good waye and maner howe to make ynck for to cary about a man in a dyre poulder, whiche (whan he will wryte with) he must temper with a lyttle wyne, water.

ter, or Vinaigre, or with some other licour, and than he may incontinent putte it in experience. With the sayd poulder all other ynck maye be amended, be it neuer so euill. Idem.
To make a great deale of ynck quickely, and with lyttle coste. Fol. 100.
To make Printers inck. Idem
To make ynck so white, that although a man write with it vpon white paper, it may easely and perfitlye be redde. A very goodly thinge. Idem.
To make a poulder to take of blottes of ynck, fallen vpon the paper, or ells the letters and writinge from the paper: whiche is a rare secrete, but yet profitable. 101.
To make a kynde of vernyshe, but muche fayerer, and better than that whiche Scryueners do vse, and is of lesse cost, & stinketh not as other vernysh doeth. Idem
To make ynck to rule paper for to wryte by, wherof the writynge beyng dry, the lynes maye be take out, that it shall seme ye haue written without lines. 102.

The sixte booke.

TO sublime quycksyluer, that is to saye, to make common sublime, that Goldsmithes, Alchemistes, and gentelwemen do vse, and that me vse in many thinges concerning physick. 102.
To make *Cinabrium*, and therof to make loaues of a hundreth or two hundreth poundes, as great as a man lyst: as those are that com out of Almaine, which secrete hath not before this time bene knowe of any in Italy Fo. 105
To fyne and renewe Borax. Fol. 107
A good and easy way to make *aqua fortis* better than any other. Fol. 110.
The true and parfyte practyse to cast medalles, and all other workmanshyp, as well in brasse, as in golde, siluer, coppar, leade, Tyn, as of Crystall, glasse, and marble. Fo. 110.
The fyrst earth to cast in a moulde all maner of fusyble matter

matter. Fol. 111.
The ſecond earth or ſande. Idem.
The thirde earthe or ſande. Idem.
The fourth earthe or ſande. Idem.
The fyfte earth or ſande the moſt parfyte. Idem.
The ſixt earth. Fol. 112.
A goodly waye and maner howe to make all theſe earthes very fine and ſmall, ꝛ almoſt impalpable. Idem.
To make a water called magiſtra, wherwith the ſaide earthes to make mouldes, is tempered, and moyſted agayne at euery caſtynge or foundyng. Idem.
To make *Lutum ſapientiæ* very parfyte. Fol. 113
Certaine thinges, whiche he that wyll take in hande any foundyng or caſtynge of mettalls, muſte alwayes haue ready, and in order. Fol. 114.
The maner or order that a man ought to keye, whan he wyll caſte or founde medalles, or anye other thynges. Fo. 115.
To make a white, to blanche or make white medalls, or other thynges newlye molten, and alſo for to renewe medalls of olde ſyluer. Fol. 116.
To gylte yron with water. Fol. 117.
The lyke another waye Idem.
To gilte yron with golde foyle, and water, or ells with gold myrt with quick ſiluer, as goldſmiths are wont to gylte ſyluer. Idem.
To dye or colour into the colour of braſſe, or alſo to gilt ſyluer, whiche ſhewethe better, and continueth longer. Idem.
A water or colour to lay vnder Diamondes as wel true as counterfeyte, that is to ſaye, made of whyte Saphires, as we will declare afterward. Fol. 118.
To counterfeite a diamõd, with a white Saphire Idem
To ingroſe thinne Baleſſes to ſet in ringes. Idem
To make Rubyes of two peeces, and Emeraudes, as they make them at Milan Fol 119.
To make a paſt or dowe for precious ſtones, as Emeraudes, rubes, Saphirs, ꝛ ſuch like, which be but of one peece,

piece well coloured within and without. Idem.
To make Emeraulds, and other stones or Juels. 120.
To calcine or burne Cristall and the Calcidoyne stone, to put in the saied mixtions of precious stones. Idem
A water to harden the sayd stones. Idem
To calcine fine siluer. Idem
The second maner of calcining syluer. Fol. 121
The third maner of calcining siluer. Fol. 122
To calcine Talchum quickly and out of hand. Idem
An excellent and very easy way to gylt yron, coper, and syluer, to make it seme like massiue golde. Fol. 123.
A parfit maner and way to gylt, and to make the quick syluer to banish away from the thinge gylted. Idem

The ende of the Table.